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Getting it on with the student body for 60 years

Feb. 14, 2008 | The University of Victoria's Independent Newspaper | Vol. 60, No. 23 | www.martlet.ca

Slide into the sex issue
The Martlet's Pullout Sex Issue has steamy stories to keep you satisfied well past Valentine's Day

JOSH SZCZEPANOWSKI PHOTO

Pole dancers Sarah Johnston (upside down) and Carmen Wall enjoy the benefits of a good workout. Find out more in p. 2 of our Pullout Sex Issue.

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A week to stand against oppression

Seven UVic groups to host parties, movie screening, lectures and workshops

Will Johnson

We may not be living with apartheid or slavery, in a dictatorship or a Third World country, but oppression is still an enormous problem in Canadian society.

A casual saunter down a hallway in the Student Union Building will expose you to a number of advocacy groups, all fighting for social change. It's rare, however, that they all come together for one cause.

"We have a responsibility, especially if we're concerned about current issues, to examine how we're implicated in systems of oppression," said Anna Planedin, a volunteer with the Women's Centre. "Everyone needs to acknowledge how they're implicit in oppression, either as oppressor or oppressed. Often both."

Seven groups from UVic have teamed up to raise awareness about oppression and the ways we can battle it through a week-long series of events. There will be parties, movie screenings, fundraisers, workshops and lectures.

"We thought we could get a lot more people involved if we collaborated," said Jessie Hemphill, the firekeeper of the Native Students Union. "We have a hard time getting students to come to our events, and most [of the people who show up] are the ones already involved."

See *Victoria progressive,* p. 2

Continued from p. 1

Victoria progressive, but not perfect

"It's like preaching to the converted," said Hemphill.

The issues being addressed run the gamut from poverty and homelessness to homophobia and racism. Government policies, collective prejudices, cultural stereotypes — all are under the microscope during Anti-Oppression Week.

"I'm really excited," said Christian Cano, a recent immigrant and member of UVic Pride. Originally from Colombia, Cano has experienced discrimination both as a foreigner and as a gay man. He called Victoria a progressive community, but said there are still issues to be addressed.

"There is no education for this; no one teaches you about hate. They don't want to mention it at all," he said.

Some of the major issues addressed during Anti-Oppression Week are the 2010 Olympics, persistent homelessness and poverty issues.

"We have enough resources to seriously address the inequalities in B.C.," said Bruce Wallace, a researcher for Vancouver Island Public Interest Research Group (VIPIRG). "It's a matter of choice, not cost." He said homelessness and poverty can be linked to government policy, and people need to be made aware of this.

"There are elements of oppression everywhere in our society," said Matthew Greeno, a board member of VIPIRG and a psychology student at UVic. "For instance, immigrants are far more likely to be impoverished than people of Canadian descent."

Greeno said he worked with a PhD-educated immigrant, who was coaxed into moving to Canada but couldn't find work and eventually returned to his home country.

"He had a terrible time trying to get help," Greeno said. "We have to address government attitudes and ideologies."

"We don't have to accept things as they are. We can change them," said Hemphill. "Anytime you're not questioning a structure, you're accepting it as it is."

Anita Dhanoa, a geography student involved with the Women's Centre, UVic Pride and the Students of Colour Collective, said it's important to recognize that there is "intersecting oppression" and people are often oppressed as members of more than one group.

> "No one teaches you about hate."
>
> – *Christian Cano*

"I'm a woman, I'm of colour, I'm queer," she said. "We need to move away from seeing people as representatives of groups."

Hemphill agreed that there's a tendency to categorize people.

"We don't all fit into these boxes," she said. "You don't have to define your identity with one single key word."

Though the issues are important and demand attention, the week is not designed to be a somber, depressing or angry affair.

"People think to be an activist, there's so much seriousness," said Hemphill, adding that the goal is to have fun.

She added that one week of events isn't the end. "You can't just focus on anti-oppression for one week then consider your duty done," Hemphill said. "We have to keep going."

NATHAN LOWTHER PHOTO

Victoria Mayor Alan Lowe announced that he and retired Judge Ted Hughes will chair the new commission to end homelessness in Victoria. But the efforts are a long time coming, according to anti-poverty activists.

New commission to find housing for 1,550 homeless

Roland George Rasmussen

A new commission has been struck in Victoria with the ambitious intent of housing 1,550 homeless people within five years.

In a briefing at the Victoria Native Friendship Center, Mayor Alan Lowe announced a new commission to end homelessness.

The commission is the result of the report from the Mayor's Task Force on Breaking the Cycle of Mental Illness, Addictions and Homelessness, and will be chaired by Lowe and retired judge Ted Hughes, a former conflict of interest commissioner.

The plan to house the homeless in Greater Victoria has already started to show results with the formation of one of four assertive community treatment teams already in place.

"Sixty-five people have already been placed in homes, restoring [their] hope and dignity," said Lowe.

Funding for the commission will come from the Vancouver Island Health Authority (VIHA) and the Capital Regional District, who are each contributing $150,000. The Downtown Victoria Business Association and the United Way of Greater Victoria together are contributing $200,000.

Details of the plan included the "housing first" model, which was used in Portland, Ore. with great success. This was an option explored by the mayor's task force. Members of the task force travelled to Oregon to educate themselves on homelessness issues there.

Three hundred cities have adopted the housing first model to address issues related to homelessness, substance abuse and mental illness.

"Homelessness has no border," said Lowe, who added that everyone owns the responsibility for homelessness.

Darlene Hollstien, chair of the Downtown Business Association, said her visit to Portland was an "eye-opening experience." She added that the homelessness crisis did not happen overnight and it will not be solved overnight.

The new commission is a roster of names including businesses, non-profits, and municipal and provincial politicians, as well as faith-based organizers, media watchdogs and representatives from interested parties.

Bernie Pauly, a Victoria Cool Aid Society board member and assistant professor at UVic's faculty of nursing, is on the commission. He will oversee the implementation of the task force's recommendations.

But promises to persons living in poverty have long rung hollow. Rev. Harold Munn, who represents downtown churches, reflected that the process has only started and needs to address the entire homeless community.

Anti-poverty activists interrupted Lowe's announcement in hopes of having four more people named to the commission.

"Respect requires respect," Lowe responded. "We don't understand, yet we try." He added that "with responsible people in place" this process will reach its goals.

"This will never wash the blood off your hands," one protester shouted.

Having a bad hair day, on campus?

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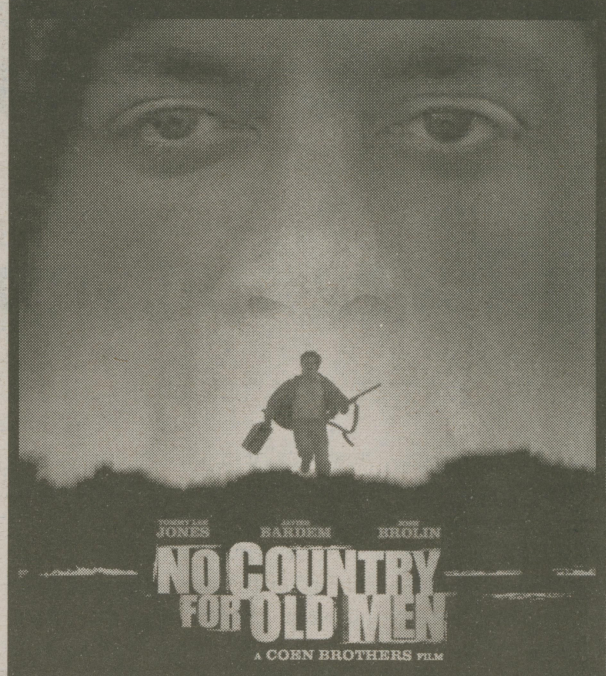
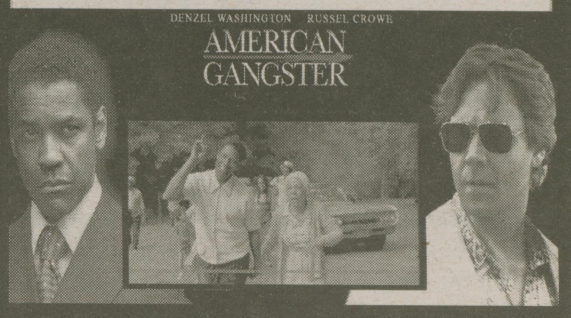


FRI & SAT 2:30, 7:00 & 9:25

ELIZABETH: The Golden Age
SUN 2:30, 7:00 & 9:15



MON & TUES 6:45 & 9:40

This week in Martlet history

Stories from the Martlet archives

Feb. 17, 2000 — Black History Month was commemorated with an article on the role freed slaves played in protecting Vancouver Island during a period of political unrest between Canada and the U.S.

In the 1850s, between 600 and 800 black settlers came to Vancouver Island after being invited by James Douglas. They formed the Victoria Pioneer Rifle Company, an armed militia that offered its services to Governor Douglas to help protect the colonies.

"Black pioneers played a vital role in protecting British Columbia from annexation by the United States," said Me-Kon Hayes, then-president of the B.C. Black History Awareness Society.

Feb. 16, 1989 — Jack and Jim took Ottawa to court over the right for gay couples to be eligible for pension benefits allowed to heterosexuals.

Jack Nesbit of Courtenay claimed he was being discriminated against based on his sexuality when he was denied the spousal allowance paid to people over 60 who were married to, or in a common-law relationship with, a pensioner. Nesbit's partner of 40 years, Jim Egan, had turned 65 and began to receive his Federal Old Age Pension.

The case was the first to challenge whether the Canadian Charter of Human Rights and Freedoms applied to sexual orientation as well as an individual's sex.

"I could go down to the local senior citizens' centre and shack up with a woman and, bang, a year later she begins to get a pension. But, even though Jack and I have been living together for 40 years, because we're both men — nothing," said Egan.

The Supreme Court would not settle the case until March 1995, when it ruled against the couple but agreed that sexual orientation was to be protected from discrimination.

Feb. 16, 1978 — Victoria's Handicapped Action Centre was facing the possibility of having its funding cut as early as the following month.

The federal government had funded the Handicapped Action Committee, which provided recreational facilities for people with disabilities. The committee was looking to the provincial government to make up for lost support.

CORRECTION

The Martlet erroneously reported Feb. 7 that there will be a referendum to increase club and course union fees by of $2.50 per student. In fact, the increase is $0.50 per semester per full-time student, and would only go to course unions.

NATIONAL NEWS

Abortion access lacking in the Maritimes

Devanne O'Brien
THE XAVERIAN WEEKLY

ANTIGONISH, N.S. (CUP) — Women in the Maritimes continue to struggle for access to abortion, two decades after abortion was decriminalized in Canada.

"Those who are concerned with women's reproductive rights have to struggle for better access," said Nancy Forestell, co-ordinator of the women's studies program at Nova Scotia's St. Francis Xavier University. "Twenty years have passed and we need to recognize that this is still a major challenge."

Women in Nova Scotia, New Brunswick and P.E.I. are particularly vulnerable to lack of access due to provincial regulations limiting the accessibility and funding of abortions.

In Nova Scotia, the Queen Elizabeth II Health Sciences Centre in Halifax is the only facility that provides open abortion access. It accounts for up to 85 percent of Nova Scotia's abortions. A small number of hospitals elsewhere in the province perform therapeutic abortions, which are performed for the sake of the mother's health. No Nova Scotia clinics accept women without a doctor's referral.

The concentration of abortion access within a metropolitan centre is problematic for women who live in other parts of the province, said Forestell.

During the '90s, Nova Scotia's refusal to fully fund abortions performed in private clinics resulted in the federal government withholding $350,000 in transfer payments to the province. The provincial government continued to only partially fund clinic abortions — a violation of the Canada Health Act — until the closure of the Morgentaler Clinic in Halifax in 2004. In a release, Morgentaler said the clinic was closed because the same procedure had been made available at the Health Sciences Centre.

There are no abortion services available in P.E.I. In order to have an out-of-province procedure covered by medicare, a woman requires referrals by two physicians — usually a family doctor and a gynecologist — and the procedure must be performed in a public hospital. According to a spokesperson for the P.E.I. Department of Health, approximately 50 Island women per year are sent to Halifax to obtain funded abortions.

The government of P.E.I. does not fund abortions performed out-of-province in private clinics, the nearest of which is the Morgentaler Clinic in Fredericton, New Brunswick. Roughly 100 P.E.I. women travel to the Morgantaler Clinic for unfunded abortions each year.

In New Brunswick, elective abortions are unavailable in public hospitals. The Morgentaler Clinic in Fredericton is the only location where a woman can openly access an abortion, but must pay between $500 and $750 for the procedure.

Medicare only covers the cost of medically-necessary abortions — as determined by two physicians — performed in a hospital setting.

Forestell said that without access, the 1988 court ruling to decriminalize abortion in Nova Scotia was meaningless.

"I actually was at a public celebration the day that the Supreme Court decision came down. I think that there was a great deal of optimism at that point," she said. "[But] without adequate access, what kind of a right is it?"

University of Victoria Students' Society / Canadian Federation of Students Local 44

SEMI-ANNUAL GENERAL MEETING

UVSS

THURSDAY FEBRUARY 14, 2008 - 3:00PM, CINECENTA

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• AGENDA •

1. **CALL TO ORDER**
2. **APPROVAL OF CHAIR**
3. **ADOPTION OF AGENDA**
   a. Agenda of 08/02/14 SAGM
4. **ADOPTION OF MINUTES**
   a. Minutes of 07/10/25 AGM
5. **SPECIAL RESOLUTIONS**

Motion to amend Bylaws 10.2 and 10.3 – Director Absences
BIRT Bylaws 10.2 and 10.3 be amended to read as follows:

10.2 Leaves of Absence
Directors shall be permitted to take leaves of absence for a maximum of one (1) semester per term of office to facilitate co-op, work, or any school related activity that removes the Director from the Greater Victoria area.

10.3 Absences from Board of Directors' Meetings
With the exception of leaves of absence, as outlined in Bylaw 10.2, a Director who has missed four (4) regularly scheduled Board meetings with or without regrets throughout her term of office, except in the case of illness or emergency, shall be considered to have resigned.

i. Written warning shall be provided to a Director upon missing the third meeting.

ii. The Director shall be considered to have resigned upon adjournment of the first meeting missed after having received written warning.

iii. Resignation shall be communicated to the Director in writing.

Motion to provide notice of committee meetings
WHEREAS the UVSS holds several Open Committees with the intention of including any UVic student who wishes to attend; and

WHEREAS these Open Committees hold regularly scheduled meetings led by a member of the Board; therefore

BIRT all UVSS Open Committees provide clear written notice of meeting times and locations at least three (3) working days in advance of each meeting, clearly visible within the Student Union Building, and outside the Resource Centre; and

BIFRT the UVSS website be continually updated to provide these Open Meeting times and locations as they becomes available.

6. **REPORTS**

   a. **Board of Directors Report**
   Motion to adopt the report of the Board of Directors
   BIRT the February 2008 report of the Board of Directors be adopted as presented.

   b. **Directors at Large and Advocacy Representatives Reports**
   Motion to adopt the reports of the Directors at Large and Advocacy Representatives
   BIRT the reports of the Directors at Large and Advocacy Representatives be adopted as presented.

7. **QUESTION PERIOD** (limit 30 minutes)
8. **OTHER BUSINESS**
9. **NOTICE OF MOTION**
10. **ANNOUNCEMENTS**
11. **ADJOURNMENT**

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Opinions

EDITORIAL

In defence of sluts

Women who have a lot of sex are sluts. Men who have a lot of sex are just men — really lucky men.

Young girls who lose their virginity early are called easy. A guy who loses his virginity before all of his friends is a hero.

Men can go topless on a hot day without judgment. Women who pair a short skirt with heels or show off their cleavage are trashy.

Women have spent decades fighting for equality in everything from politics to the workplace. But when it comes to sexuality, there are still huge discrepancies between the sexes. The main one is that women's bodies are just plain sexier. But the derision doesn't just come from men. Women too are quick to judge, calling other women names and gossiping incessantly.

What people need to recognize is that female sexuality is a many-headed beast, and can't be pigeonholed by the age-old dichotomy of "good girl" or "slut."

There are as many sexual preferences as there are women, and those who feel liberated to explore their own pleasures are inevitably the most satisfied.

So why the negative connotation with sluts? Aren't we all better off if promiscuous women are socially acceptable? Sexual empowerment could even have the potential to reduce sexual violence: women who feel strong and proud also feel less vulnerable than those who view themselves as undeserving of respect.

It's time to change how we think about sluts. Being confident with one's body and being confident enough to pursue one's desires shouldn't be shameful. According to the ITP Nelson Canadian Dictionary, one definition of a "slut" is "a prostitute." Another definition is "a slovenly woman." So, according to the dictionary, sluts take money for sex and are also very dirty (literally). No wonder there are negative connotations around the word "slut."

Feminism can take on an anti-sexual tone, conjuring images of long-skirted, turtle-necked, bra-less woman in sensible shoes. But real feminism challenges women to own their bodies — and to love them.

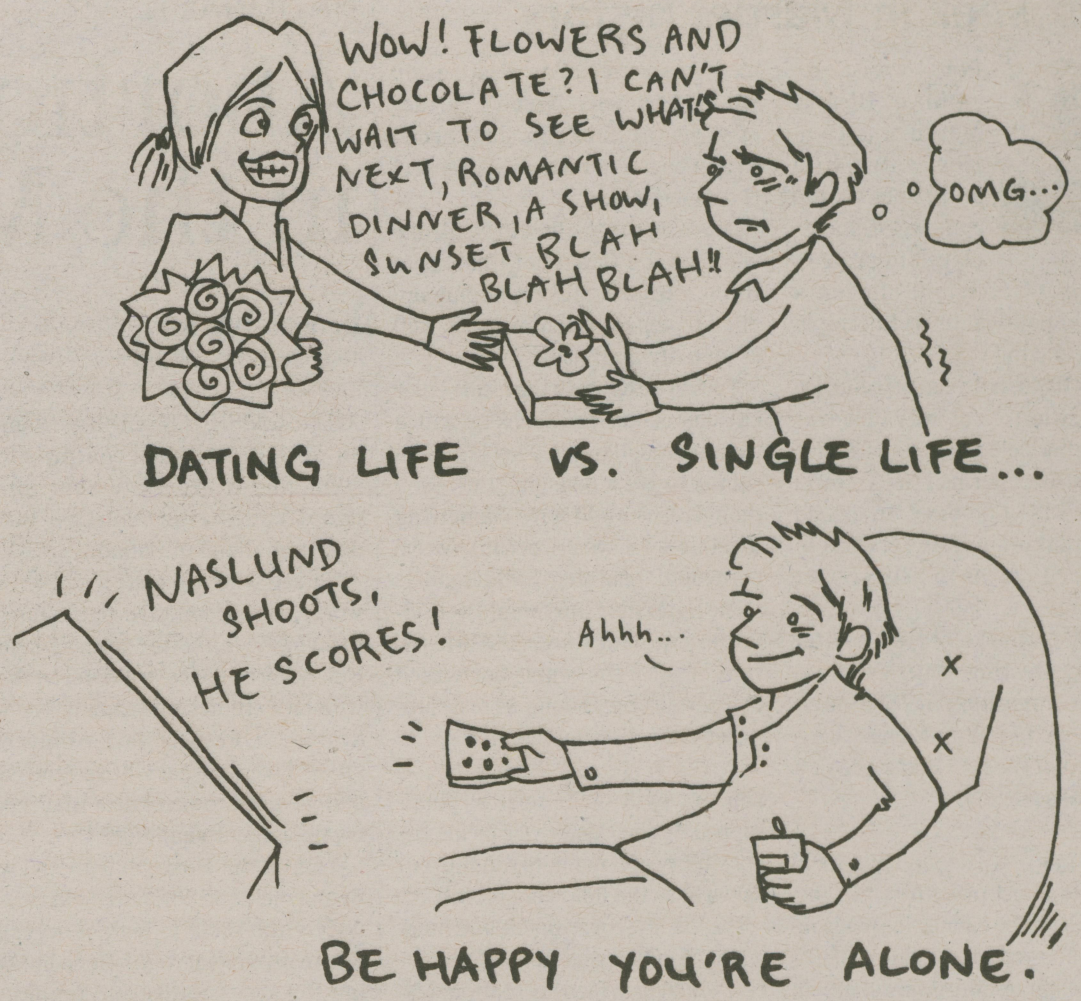
The fad of burlesque has exploded in this city because men and women both appreciate the female form. Boobies? Let's see 'em! Stilettos and a tight skirt? Get walking!

Or if you'd rather not show some skin, then go ahead and cover up. Just don't get saucy with the ladies who want to show it off.

The problem with a promiscuous woman isn't that she's having sex, it's that society doesn't want her to have sex when and how she wants.

Why are men labeled as "lucky" when they get laid? Because they've managed to tap into a woman's desire. The reality is men don't win a jackpot from a hookup. What they do get, in the best of scenarios, is reciprocal lusting.

Editorial topics and stances are decided on by staff at our weekly editorial meeting at 2:30 p.m. every Friday in the Martlet office (SUB B011). Editorials are written by one or more staff members and are not necessarily the opinion of all staff members.


WOW! FLOWERS AND CHOCOLATE? I CAN'T WAIT TO SEE WHAT'S NEXT, ROMANTIC DINNER, A SHOW, SUNSET BLAH BLAH BLAH!!
OMG...
DATING LIFE VS. SINGLE LIFE...
NASLUND SHOOTS, HE SCORES!
Ahhh...
BE HAPPY YOU'RE ALONE.

JENNIFER ZHOU AND DAVID KARP GRAPHIC

LETTERS

Two people's rights to consider

I agree with Chloe Elias and Meg Conway that a woman ought to have her rights defended and I believe that a woman should be able to make decisions in favour of the well-being of her body (Pro-choice legislation needs strengthening, Jan. 31). However, their central argument in support of the right to an abortion, that women have the right to "real control over their own bodies," does not account for the basic scientific fact that a fetus does not share the same DNA.

If the body within the pregnant woman were merely a body of her own cells, certainly I would agree that she may choose to do with it as she wishes and that her choice is none of my business. However, as the body actually consists of the cells of an autonomous human being, we should consider whether this unique human being should be granted the fundamental right to life.

Does a woman have the right to control another human's body, let alone choose to end the life of that human being? At what point in the pregnancy does the fetus's right to life supersede the woman's right to "security of the person?"

- Madeleine Gubbels, UVic student

Rights with respect to rights

What is necessary to strengthen the legislation in Canada to improve access to abortion? What would such legislation look like (Pro-choice legislation needs strengthening, Jan. 31)?

Would this legislation mandate that doctors and hospitals must provide abortion services? If that's the case, I'd suggest that we remind ourselves that the Morgentaler Decision was based on an interpretation of a woman's legal right to security of person as indicated in section seven of the Charter of Rights and Freedoms. I know a number of doctors, mostly women, who won't perform abortions. Forcing a doctor to supply abortions, or refusing licences to those who will not perform abortions, will contravene that doctor's right to liberty, and freedoms of conscience and association.

The article's authors also reference the fact that P.E.I. doesn't provide any abortion services, and states that the province is in violation of the Canada Health Act. In fact, the Act pertains only to services that are deemed to be medically necessary.

Canada already has an utterly liberal legal stance on abortion by not providing any laws. When exercising our own rights, we must consider the rights of others. Otherwise, we've no guarantee that our own rights will be defended.

- Del Myers, UVic alumnus

Disgust is problematic

Last week, many people expressed disgust with the protest against the Canadian Forces (Career Fair protests go down peacefully, Feb. 7). This feeling is morally problematic. Right now, the state is involved in the commission of war; that is, the state is committing mass, indiscriminant killing. Demonstrably, the public was not clearly threatened, and the harms now committed are greater than those we set out to remediate. We are allocating resources to kill, meaning that we demean not only our victims but also those whose lives we could have improved had we allocated resources properly. Should we be supportive of this?

Being offended indicates disdain for the protesters' critique; either we believe that what is happening is good or we don't care. Either way, we have violated a categorical imperative to undertake moral deliberation and action when guiding principles are clear. In expressing our disgust, we are drawing attention away from the critique itself, which facilitates the continued commission of evil. How can one feel good about failing to reflect on that?

- Nick Cohea, UVic Student

Career Fair letters appreciated

After witnessing the hypocritical, cringe-inducing behavior of the anti-war protesters at the Jan. 30 Career Fair, it was heartening to see all the even-headed, appropriately disappointed responses from the student body in the Feb. 7 Martlet. Thanks to those who offered this much-needed input, thanks to those who carried out their protests with respect and maturity, and above all thanks to the Canadian Forces members present for responding with dignity and grace.

- Alan Byers, UVic student

Participate in foreign discourse

The term "International Development" is a buzzin' term these days. There is a growing trend for young Canadians to volunteer and work abroad. We're all trying to make a difference, but hard work and good intentions are futile when we don't adequately consider the consequences and impacts of our actions. Within the development field, there have been many instances where Canadians and Canadian organizations have had significant impacts on the individuals and communities

Continued on facing page

Happy? Sad? Enraged? Engaged?
Tell us: letters@martlet.ca
The Martlet has an open letters policy and will endeavour to print every letter received from the university community. Letters must be submitted by e-mail, include your real name and affiliation to UVic, and have "Letter to the editor" in the subject line. Letters must be under 200 words and may be edited.

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MELODRAMATIC MUSINGS

Facebook status: complicated

Will Johnson

A couple months ago, my friend Austin got engaged.

Then he got married. Not long after that, it became complicated. It evolved into an open relationship. Then he was divorced. Finally, he was single — all in four days.

His girlfriend, Jo, was unaware that most of this was happening. But Austin steadily updated Facebook, ensuring that all his friends were up to date.

"What? You and Jo got engaged?"

"Holy shit! Did you and Jo break up!?!"

Austin was inundated with messages and wall posts. People he hadn't talked to in years were emailing him congratulations on his wedding. Other sent him angry messages, aghast that he had ended things with Jo. Austin said he has never received such a flood of messages in his life.

"It was a social experiment, just to see what would happen," Austin said. "It succeeded beyond my wildest dreams."

It's something I've been noticing recently. It's one thing for my Mom to put "married" as her relationship status (yes, she recently got Facebook), but why do we feel the need to keep our friends constantly updated on our personal lives?

It's just kind of silly. Am I supposed to believe that the plethora of different types of human relationships fit into six arbitrary categories?

Some people don't take it too seriously. According to their profiles, a couple of my female friends are married to each other, or in open relationships with random people. Some, like Austin, change it up just to screw with people or just delete their relationship status altogether. But some people are a totally different story.

In August, when I started dating someone, I asked her if I should change my Facebook relationship status.

"Oh, I dunno," she said. "I'm not sure if we're there yet."

There was something cool about having her under my name: "In a relationship with..." and a little hyperlink so people can check her out. I wanted to brag.

But a month later, when we broke up, I had to deal with changing it. Since then, I've just omitted it altogether. I don't feel any of the categories sum things up. Maybe if there was a "Relationship status: Awesome!" I'd choose that. But there isn't. With V- Day fresh in our minds, people might be scrambling to find someone new to display on their profiles. I say we should just leave Facebook out of it.

FACEBOOK TIPS

Facebook may be one of the most powerful social networking tools on the Internet, But it can mimic the inane gossip of a high school cafeteria table. Here are a few ways to make sure your relationship, or lack thereof, survives.

It's complicated
Who uses it: Drama queens.
When to use this: When you want to gain attention from everyone on your friends list.
What to be careful of: Nobody knows exactly what this status means. Develop an elaborate tale of passion and lust for maximum drama.

Married
Who uses it: Two girls who think themselves particularly witty by having each other as their significant other.
When to use it: When you're actually married.
What to be careful of: Anyone who has found out over Facebook that you've just gotten hitched probably isn't a very good friend. Why are these people still on your list?

Engaged
Who uses it: Those same two girls who generally use this as a build up to their "marriage" punch line.
When to use it: When you're going to get married and you need an easy way to let the majority of your "friends" know that they're not invited to the wedding.
What to be careful of: This status is probably not the best way to inform your loved ones that you and a 34-year-old you met online are finally getting serious.

In an open relationship
Who uses it: Brutally honest, or attention-needy people.
When to use it: When you want your social life to explode in a splendor of drama.
What to be careful of: Often one of the people in an open relationship is hoping it evolves into something exclusive. Be mindful about hooking up with someone who has this as their status.

In a relationship
Who uses it: People in a relationship.
When to use it: When you want to scream from the highest virtual mountaintop that you're in love.
What to be careful of: Make sure the other person has the same ideas. Nothing will scare a potential mate away faster than unexpected clinginess.

No relationship status
Who uses it: People who want to avoid the drama.
When to use it: When you want to keep personal matters personal.
What to be careful of: Instead of simply taking the status off, Facebook will inform the world that you are no longer single. Make sure to delete this from your mini-feed or risk having your ex from two days ago scorn your quick recovery from the relationship.

- Bryce Bladon

Praise to Alfred Kinsey on Feb. 14

Spencer Anderson

In Canada, the print media has a pretty liberal stance when it comes to talking about sex. Even the stodgy National Post produced a sex issue. Of course, compared to what's on the Internet these days, the CanWest publishing cohort looks like a bunch of prudes.

Sexuality is increasingly open for discussion. The circle of taboo is steadily shrinking. This is due in no small part to a scientist by the name of Alfred Charles Kinsey, the pioneer of sexology, or the study of human sexuality.

You might not know who Alfred Kinsey is. But he's the reason you know at least half of what you do about sex. His research paved new roads to understanding what makes us tick and what leaves us hot and bothered.

Kinsey came from a very socially conservative background. Unlike the Republican Congress, though, Kinsey was never a deviant. His background was zoology, but he was keenly interested in sexual health and behaviour, an interest some claim he picked up while studying gall wasps.

Although he was criticized for his dislike of injecting morality into sexuality, Kinsey was concerned about the negative effects of sexual delay, abuse and social constraints. He started talking about ideas that no one had even fathomed before he came along. In 1948 and 1953, Kinsey published *The Sexual Behaviour of the Human Male* and *The Sexual Behaviour of the Human Female*, respectively. Both books made history, reaching the top of bestseller lists and shattering records for the best-selling science book of all time.

His works revolutionized the human understanding of sex. He was not a figure immune to controversy; some of his private practices were criticized, as well as his research methods. But the fact remains that what you know about sex now is largely thanks to a zoologist from New Jersey.

Our friends at UVic Pride and the Women's Centre should thank their lucky stars that Kinsey came along, for his research was arguably the main catalyst that spurred social change, inclusion, and tolerance for the sexual rights of women, gays and lesbians.

In fact, all of us are in debt to Kinsey. His body of work broke the mold and paved the way for sexual self-discovery and fulfillment. The world is a generally sexier place thanks to his work.

Cupid, eat your heart out.

LETTERS

Continued from facing page

they are working with. We need to start engaging with these issues.

A group of university students have come together to do exactly that. On Thursday Feb.28, from 2:30 - 4:30 p.m. in the upper lounge of the SUB, Canada's World and Engineers Without Borders will co-host a round-table discourse entitled "A Critical Dialogue of Canada's Role in Foreign 'Development': Individual pursuit, Social Movement, or National Agenda?" The aim is to create a space in which individuals can articulate questions, concerns, and experiences over the implications and consequences involved in foreign "development."

This event is open to the public. After the facilitated dialogue, there will be a question and answer period with the audience. We encourage everyone to come out and to engage in the discussion.

- Nicole Fornelli, UVic student

You are safe

Your recent editorial (UVic needs plan for shootings, Feb. 7) incorrectly implies UVic's emergency response plan is not adequate to address the kind of threats experienced recently by UBC and other institutions.

While not written to respond specifically to a shooting incident or an earthquake, our plan allows responders to be flexible and adapt to whatever crisis arises. Different incidents — be it a shooting, a fire or a disease outbreak — do require different responses and our plan provides for that.

Emergency responders on campus regularly hold mock exercises to test out the plan. Each time we use a different scenario to test the plan's flexibility and effectiveness.

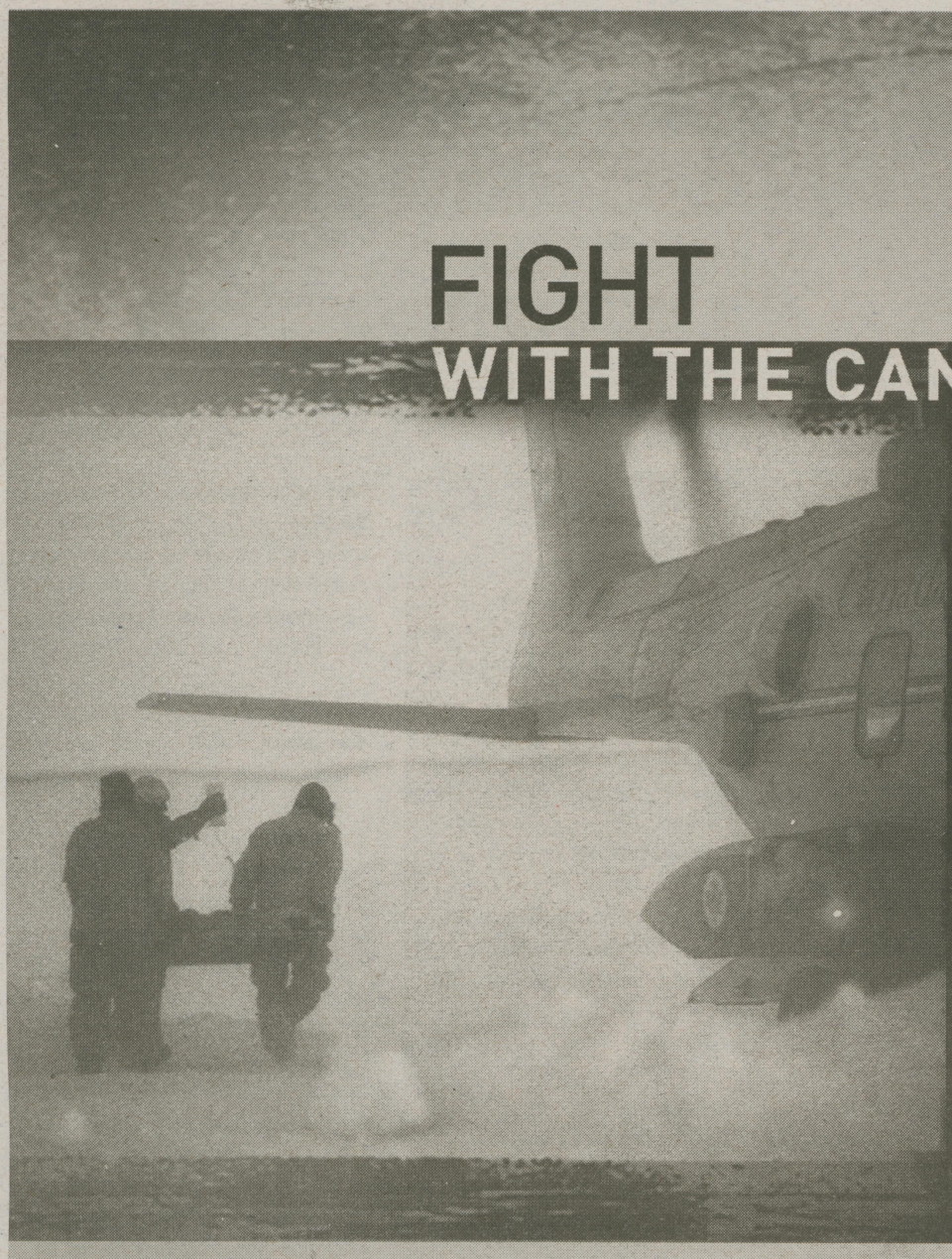
Even without a mass notification system, the university has the ability to notify students, faculty and staff through voice mail and e-mail systems that can broadcast campus-wide or focus on one building through our emergency co-ordinators.

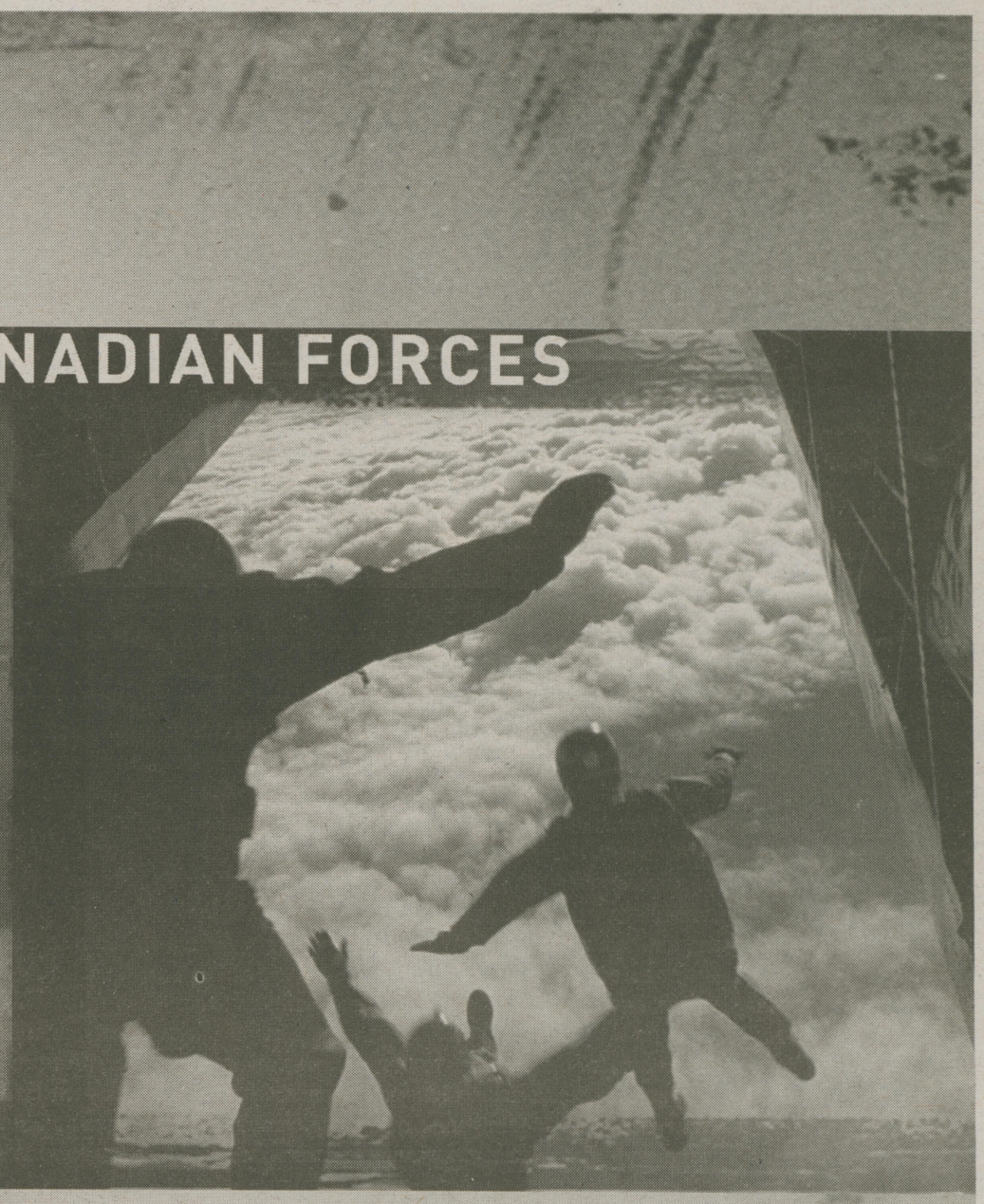
Just as there is no one set response to a emergency, there is no one set of instructions to pass along to students in the event of a "lockdown" situation (the word itself is a misnomer since it's seldom possible to completely "lock down" a building). The response would be tailor-made to the incident and instructions would reflect that.

UVic takes the safety of its students — and its staff and faculty — very seriously. In the event of an emergency, their well-being is paramount and continues to be the goal of our ongoing planning and training.

- Daphne Donaldson, UVic emergency planner

FIGHT
WITH THE CANADIAN FORCES





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Grooves to set the mood

Bryce Bladon

AHMED MUMENI PHOTO

With the right tunes, your love can last all night long.

You and your intimate other lean close to one another. Lips quiver. Eyes flutter, then close. The moment is almost there.

The playlist changes and "The Hamster Dance" blares through your IPod's speakers, the high-pitched chirping shattering any hopes of intimacy you had for the entire evening.

Don't worry. Everything you need to construct your own romantic playlist is right here. All the following songs have been run past two brave couples willing to share their insights.

Clay is an indie-rocker, while Bonnie prefers simple songs that match her emotions. Kara enjoys refined musical offerings, while Ryan prefers songs that scream back at him. See what they had to say about the following recommendations.

To have scratch marks

We recommend: "Closer" by Nine Inch Nails

Playtime: 7:10

What makes it great: This song is ripe with animalistic passion. The lyrics are intense and the over-reaching beat mixes with the electronica instrumentals to make the evening untameable.

What our experts say:

Clay: "This song is disgusting. I would get up and leave."

Bonnie: "It is ... intense."

If you like this try: "Street Drum Corps." by Street Drum Corps, "Ride Wit Me" by Nelly, "Fake French" by Le Tigre.

To steal someone's heart

We recommend: "Your Body is a Wonderland" by John Mayer

Playtime: 4:00

What makes it great: The soulful acoustics and penetrating lyrics are reaching and effective; this song resonates with genuine feeling, making it a relationship heavy hitter.

What our experts say:

Kara: "At least six of my friends have lost their virginity to this song."

Bonnie: "This song is so good you don't even need sex."

If you like this try: "Carry On" by Tim McGraw, "Turn" by Collective Soul, "Night Drive" by Jimmy Eat World.

To have beautiful background noise

We recommend: "Such Great Heights" by The Postal Service

Playtime: 4:26

What makes it great: The instrumentals aren't overpowering, the lyrics slide through your ears and don't intrude on the moment, and the room will be enveloped in smooth sound.

What our experts say:

Clay: "Foreplay, foreplay. Here we have something, and it's got a good pace. I can keep up with it."

Ryan: "It's gentle like the way women want to be treated ... sometimes."

If you like this try: "Mad World" by Gary Jules, "Blue Eyes" by Cary Brothers, "Let Go" by Frou Frou.

To hold someone

We recommend: "Wicked Game" by Chris Isaak

Playtime: 4:03

What makes it great: Chris Isaak's voice is buttery smooth. Nothing overpowers in this song except the feeling.

What our experts say:

Kara: "You can't hear his words too well ... which means you can't get distracted."

Ryan: "Listening to his voice is like riding a cloud to pleasure town."

If you like this try: "May You Never" by Eric Clapton, "Philadelphia Freedom" by Elton John, "Accuracy" by The Cure.

To Make the moment last forever

We recommend: "Riverwide" by Joshua Redman

Playtime: 7:44

What makes it great: Everyone has a secret fantasy to make out to jazz. Pure instrumentals means lyrics won't get in the way.

What our experts say:

Bonnie: "It starts slow, but it's good and long, which makes it a great song for anything intimate."

Kara: "Classic mood setting. Very nice."

If you like this try: "Lovers Rock" by Sade, "Bolerias" by Gypsy Kings, "Single Handed Sailor" by Dire Straits.

ASK MISS MARTLET

Screw around

Danielle Pope

Dear Miss Martlet:

How can I make average sex more exciting? *- Bored*

Dear Bored:

Try a couple of these tactics to help shift your bedroom escapades into high gear.

Change the location. Okay, so the bed is a pretty predictable romp, maybe even the kitchen counter, but have you tried having sex (actual sex) on the beach? How about in your parent's bathroom? By amplifying the risk factor, your adrenaline (not to mention those devious feelings of passion) will skyrocket. Just don't get caught.

Role play. Make up a playful scenario for you to both act out, or script pretend identities. Try dressing up in costumes (or various versions of nothing), throw on some makeup and a wig. If it gets too weird, stripping away those props won't hurt the fun.

Play with toys. If your collection isn't already blooming, scour your local sex shop for a new surprise — and don't be afraid to ask the sales people for recommendations. For those a little more timid, a bar of chocolate, a personal massager and a can of whipping cream can go a long way.

Take a class. Whether together or apart, a class in salsa, couples' massage or pole dancing can add a few new techniques to your moves.

Try new positions. You might think you know them all, but a quick spin around the Internet or a flip through the Kama Sutra will almost always prove you wrong. Seek out a new move or investigate ways of making an old one fresh (think: inflated exercise balls). For some extra foreplay, you could even leave your lover a folded note with a sexy message or stickman drawing of what you'd like to try later.

Try new conditions. If you're always quiet, get loud. If you usually have sex with music on and the lights off, play around with a quiet bright room. Turn the heat way up or throw ice chips under the covers. If you're used to having sex at night, try the afternoon. If you're used to stripping all the way, barely slide down your jeans. Even a small change can be enough to thwart feelings of boredom and thrill your lover.

Ask your partner about secret fantasies. You probably know each other's favourite moves, but it doesn't hurt to re-ask what things your partner has dreamed of trying. People change, after all.

If you're feeling shy or have a partner who doesn't want to experiment, go slowly. It's important to respect each other's boundaries. Introduce one new step at a time, starting with something low key (like a switch in positions) and working up.

Just don't forget to leave your bedroom once in while.

Got a question? Let Miss Martlet investigate. Query missmartlet@martlet.ca.

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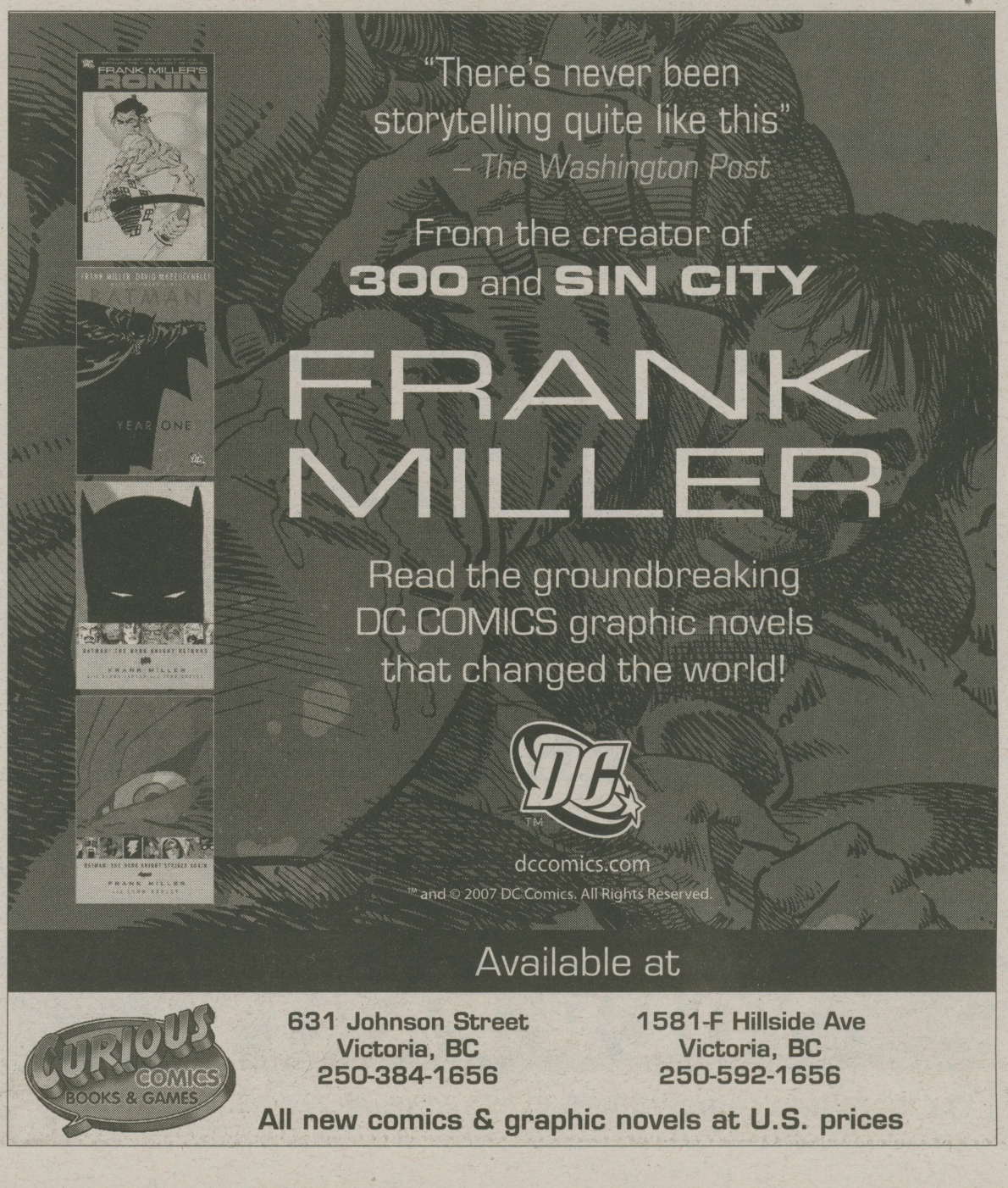
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Quick tips to spark your love life

Lynda Pupo

Long-lasting relationships, like ginger ale, can lose that fizz that makes those butterflies stay afloat. But before everything goes flat, take hold and stir some bubbles back into your love life. Even if you're as innocent as a saltine cracker, here's a few fun activities to try this Valentine's Day (or any other day).

1. Start off with the romantic. Take your partner on a favourite hike down to the beach. When you get to a nice spot, open up your backpack, secretly containing a white table cloth, travel champagne glasses, sparkling apple cider and your favourite goodies. Go all out and bring a candle. Nothing beats a romantic meal with the best ocean view in town.

2. Put on the moves. If the weather isn't in your favour, move all of the living room furniture out of the way and throw down some comfortable pillows, blankets and flower petals. Put on a sexy album and enjoy the experience of being intimate in a new setting without rug burn.

3. Drop some not-so-subtle hints. Consider yourself a cook? Make sexy pancakes in the morning. Cut the batter in half, mixing enough cocoa powder into one bowl to make it noticeably darker. Make a normal pancake but before you flip it, gently drip a sexy word or heart into it with the dark batter. Your imagination is the only limit.

4. Play the kissing game. Come up with a list of kisses, (peck, open-lipped, French, devour...) and put them in order. Work from least to most intimate. If you run out, try imitating movie kisses and asking your partner to guess the title flick.

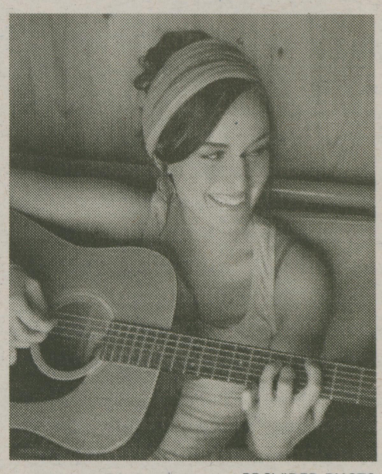
5. Save up some money and take a trip. Even if it's just for one night, Vancouver Island is home to uncountable romantic stops. In the off-season, many quality hotels offer discounts, or you could try a campsite. There's always something special about breaking out of the everyday.

Remember that being romantic is more about who you're with than what you're doing, but don't be afraid to make an effort. But if those tingly little bubbles fade, don't be too sad. No one can stomach non-stop action anyway.

Sales will swoon

Who: Hayley Sales
What: Playing with Justin Nozuka
Where: Gibson Theatre at Camosun College
When: Feb. 16 @ 7 p.m.
How much: $18

Alex Grant



PROVIDED PHOTO

Hayley Sales will be bringing her talents to Victoria on Feb. 16.

Hayley Sales has experienced and achieved more in life than most people ever dream of.

She's interviewed the Dalai Lama at the age of 15, toured the U.K. with a Hindu saint, and more recently, been picked up by Universal Music. She wrote, produced, recorded, and co-mixed her first album *Sunseed*, which has been receiving wide critical acclaim (she's being hailed as a "female Jack Johnson").

Did I mention she's 21 years old?

It would be so easy to hate Sales. She's young, beautiful, talented and, apparently, terminally lucky. The thing that makes it impossible to hate her, though, is that she is truly wise, kind and inspiring.

Her positive view on life was largely a product of her upbringing.

"My parents are the biggest hippies in the world," Sales said, laughing, "I think it gave me a very open and carefree view of the world."

Her life began in Washington D.C., where her father operated a recording studio out of their basement. Her mother is a writer and a dancer, and her father jammed with the Ramones and Janis Joplin in the '60s and continues to play music today.

"Music has always surrounded me," Sales said, "I was freer to do what I wanted than most people, so I fell in love with music and decided to pursue it ... it didn't really matter if I succeeded or not because I just loved it."

A move to Portland, Ore. gave Sales the opportunity to meet the Dalai Lama. Selected along with a few other teenagers, Sales was flown to Italy where the Dalai Lama was giving a speech at the Colosseum. This experience forever changed Sales.

"He's so selfless, so happy, and humble ... I saw how content someone could be with their life, and it inspired me to be like that as a person," Sales said. "He's a good role model — one of the best, for sure."

Her most recent move was to Qualicum Beach, where her parents owned and operated an organic blueberry farm.

"Stylistically, being on the Island [has been] one of the most influential things for me," Sales said. "It was cool when I was recording because I would eat some blueberries, drink some tea, record, then take a break and go down to the beach. ... It gave that certain laid-back element to my music."

Like many contemporary folk and surf-rock artists, Sales tries to use music to help create change.

"I think society and the times are calling for [musicians] that are more aware and conscious and willing to [have] a more happy attitude toward life," Sales said. "Music should have a greater purpose behind it — it should be less about yourself, and more about the music."

Sales is on a Canadian tour, before venturing off to Australia in mid-March. Her album *Sunseed*, which was released in Canada last June, is being released in the U.K. this summer, at which point she will be heading over to the U.K. to promote it.

"I'm just going to be continually touring and seeing where it takes me," she said.

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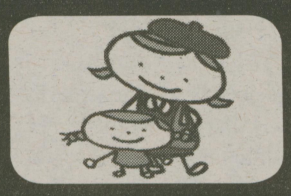

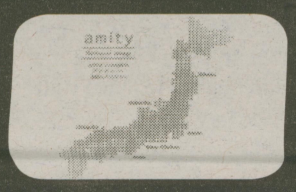

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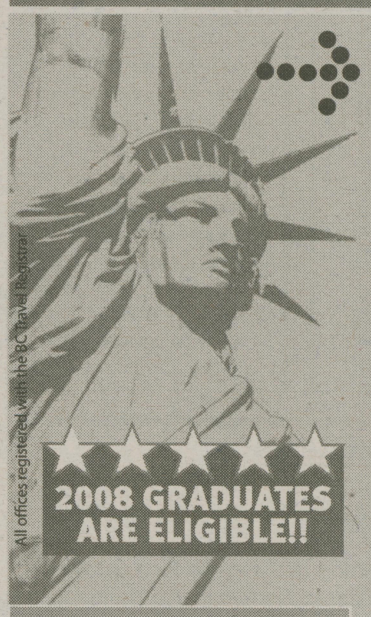

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Rebounding is key against UBC

Nathan Lowther

When the Canada West playoffs take place Feb. 15-17, the Vikes women's basketball team will need to do something they couldn't do all season: beat the UBC Thunderbirds, currently ranked second in the country.

UVic went 0-3 against the T-Birds this season, losing by an average of 12 points per contest. Now they'll face the T-Birds in a best-of-three series, with all the games being played in Vancouver. But Vikes coach Brian Cheng isn't worried about what happened in the regular season.

"We've improved a lot since the last time we played UBC," said Cheng. "We're looking forward to the series to prove to UBC, and to ourselves, how far we've come."

The match-up will see Canada West's top two scorers go head-to-head. UVic's Ryan McKay won the division scoring crown with 18.3 points per game, while T-Bird Erica McGuinness was the runner up. Which of the two guards can make the most shots will factor mightily in the matchup. That's why throwing McGuinness off her game is part of the game plan for the Vikes.

"Philosophically, we always try to make life difficult for their best players and make their other players try to beat us," Cheng said of his team's defensive strategy. "We have a variety of looks defensively for Erica — looks she hasn't seen before."

But even with the two top scorers on the floor, it will be the battle for rebounds that decides this war. UBC comes in as the second-best rebounding team in the division, and UVic ranks third.

Six-foot-two UBC forward Leanne Evans is a menace under the hoop, leading the country in rebounds. The Vikes will counter with a six-foot-two forward of their own: Kayla Dykstra. Dykstra was third in the Canada West conference in regular-season rebounds and is UVic's second-highest scorer. She'll receive a helping hand from fifth-year forward Janet Hatfield, who set a UVic record for blocked shots in a season. The two of them will need to find a way to keep Evans off the glass.

"It is vitally important to dominate, or at least compete, in rebounds," said Cheng. "It all comes down to will."

The Vikes will also need offensive rebounds to stay close. UBC's defence held their opposition to a division-low 32 per cent shooting from the field. This helped the T-Birds amass an impressive 433-point difference in points-for versus points-against. The Vikes, in contrast, managed to score just 64 more points than they allowed on the season, while allowing their opponents to hit over 40 per cent from the floor. But Cheng isn't intimidated by the strong UBC defence.

"We've shot well over 30 per cent against them. It's not necessarily our ability to get open looks that will decide the game, but our ability to defend and disrupt their offence," he said.

Vikes need to score to win

Max Sussman

The Vikes men's basketball team closed out their regular season with a huge 95-68 victory over Thompson Rivers University on Feb. 9. But the Vikes didn't get a lot of time to celebrate. The team immediately started busying themselves with preparation for their upcoming playoff match-up with the Simon Fraser University Clan.

The season has been one of unrealized potential and streaky play for UVic, but coach Craig Beaucamp and company are looking to pick it up against the Clan, who they have a 2-1 record against this season.

The Vikes, who finished second in the Canada West conference this season, will enter the best-of-three series with one of the Canada West conference's best defences. But UVic has not been strong offensively. Luckily, defence is not a strong point for the Clan. They've allowed opponents to shoot an average 44 per cent and 76 points per game this season.

The Vikes like to move the ball through Tyler Hass, who needs to be the creator when it comes to offence. When Hass and Ryan MacKinnon penetrate the defence, it frees up room inside for big men Mitch Gudgeon and Rob Kinnear.

When faced with a zone defence, Beaucamp likes to play Kinnear at the top of the key and run the offence through him. Kinnear is quick for his size, so he could give the Clan some trouble. In order for the Vikes offence to work, Cyril Indome and Brandon Dunlop will need to treat every possession as sacred.

PHOTO COURTESY OF ARMANDO TURA,/LIGHTCRAFTERS PHOTOGRAPHY

UVic crashes the boards during a Jan. 18 game against UBC.

MacKinnon could be the offensive secret for the Vikes. When he gets going MacKinnon can light it up for three or get to the rim off the dribble. He scores in bunches, but can disappear for stretches of time. When he gets hot, the Vikes usually follow.

The Vikes defence will need to shut down Greg Wallis, Simon Fraser's leading scorer, rebounder and shot-blocker. Look for Beaucamp to throw a lot of different bodies at the fourth-year Clan forward, mostly to keep UVic forward Gudgeon out of foul trouble. Gudgeon, who would be the natural marker for Wallis, is the Vikes' leading scorer, and he can't afford to foul out.

The Clan have much more fire power than the Vikes, with Wallis, Sean Burke, Matt Kuzminski and Nolan Holmes all averaging double digits in scoring. Holmes is an immovable object inside, and will provide plenty of work for whoever isn't guarding Wallis.

Burke could be the key for the Clan. He won't be able to beat the six-foot-six Hass inside, but Burke has been hitting 38 per cent of his three-pointers this season.

Indome is a defensive x-factor for UVic. He's a fantastic on-ball defender with lightning-fast hands. He missed nine games due to a knee problem, but when he plays defence well, he ignites the fast break for the Vikes, turning defence into easy offence.

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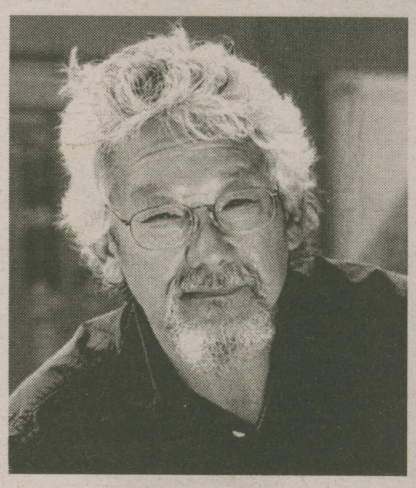

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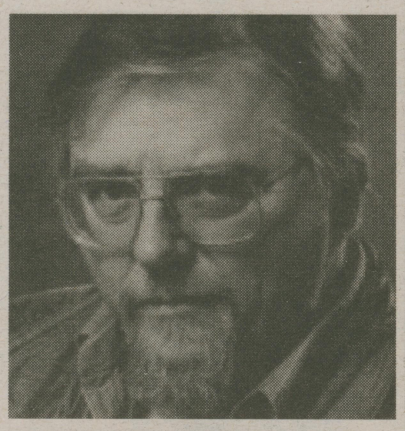

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TOP TEN
FOR THE WEEK OF FEBRUARY 11TH, 2008

1. CAT POWER
   Jukebox (Matador)
2. BLACK MOUNTAIN*
   In The Future (Jagjaguwar)
3. JASON COLLETT*
   Here's To Being Here (Arts And Crafts)
4. MONGRELS*
   Oshawa (Weirdbeard)
5. SHAD*
   The Old Prince (Black Box)
6. FRANK KIMBROUGH
   Air (Palmetto)
7. MAHJONGG
   Kontpab (K Records)
8. BEASTS AND SUPERBEASTS* †
   Beasts And Superbeasts (Independent)
9. GLENNA GARRAMONE*
   Seasky-Starsong (Independent)
10. WUSSY
    Left For Dead (Shake It)

* Canadian artist † local artist

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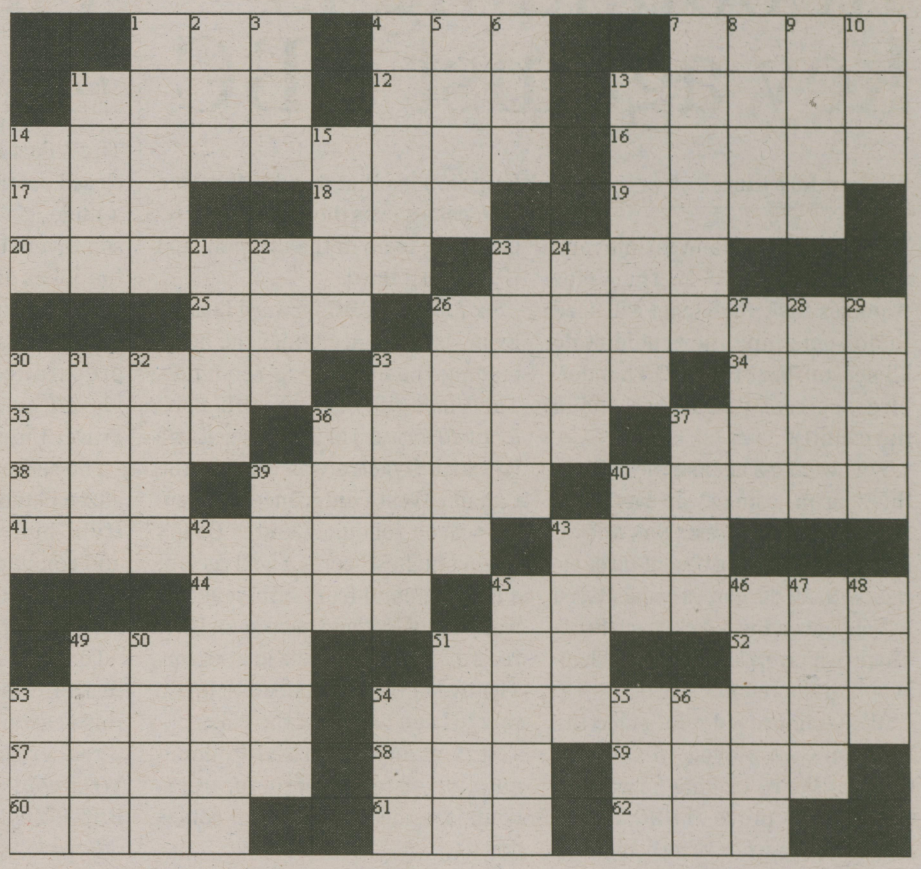
The Ontarion Crossword by Krystian Imgrum (CUP)



Across

1 Mideastern garb
4 How many it takes
7 Lateral
11 Courts
12 Get a blue ribbon
13 Implied
14 NASA\'d5s realm
16 Potpourri feature
17 Fink
18 Squid's spray
19 Solitary
20 Desire
23 49 across and home
25 Annoy
26 John Steed & Emma Peel
30 Censure
33 Exhausted
34 Humourist and gift
35 Actor Calhoun
36 Unfeeling
37 Apportion
38 Prominent period
39 Display
40 Concubine collection
41 Social newcomer
43 Hawaiian delicacy
44 And then there were ____
45 Add to
49 Economist Smith
51 Prone
52 Scandinavian: abbr.
53 Noisy sip
54 Low social class
57 Steers
58 Rocky peak
59 Appear
60 Sushi fish
61 Myrmcologista's subject
62 Each

Down

1 Major artery
2 Dissenting cry
3 Mary's steed
4 Nasal inflection
5 Votive feature
6 4 across predecessor
7 Tropical skirt
8 Admired one
9 Price for a dozen?
10 Zeta successor
11 Erode
13 Knack
14 Crescent
15 Tickle colour?
21 World War I city
22 Fury
23 Happening
24 Gainsay
26 Left, a sea
27 Large pitcher
28 Religious passage
29 Originate
30 Procreated
31 Anecdotal knowledge
32 Doha native
33 Actress Sharon
36 Bridge
37 Mutilate
39 Throws a tantrum
40 Bulky bike
42 Divests weapons
43 Sets
45 Separate
46 Ingress
47 Standard
48 You must do it again
49 Sheltered
50 Blunt
51 ____
53 That girl
54 School org.
55 Horned viper
56 Formerly named

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				1	8	6	9	
		5	7					
	9				2			
4		6	1				3	
			2		6			
	8				9	7		2
			8				7	
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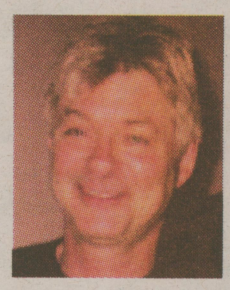
	5	3	4	2				

LOOK-ALIKES



Martin Smith, UVic psychology professor

Jim Hughson, sports play-by-play announcer

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I... YOU...
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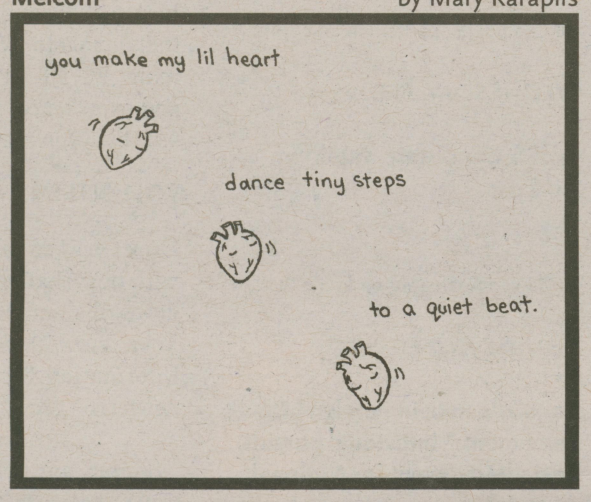
BUT EARL... I'M NOT ANGRY, UNCONFIDENT OR DEPRESSED!
THAT'S THE PROBLEM HE SOLVES.
NICE BEDROOM! WAS YOUR COLOURBLIND MOTHER COMMITTED AFTER SHE DECORATED IT, OR DID THEY LET HER OUT ON A DAY PASS?

by Gordon Freeman

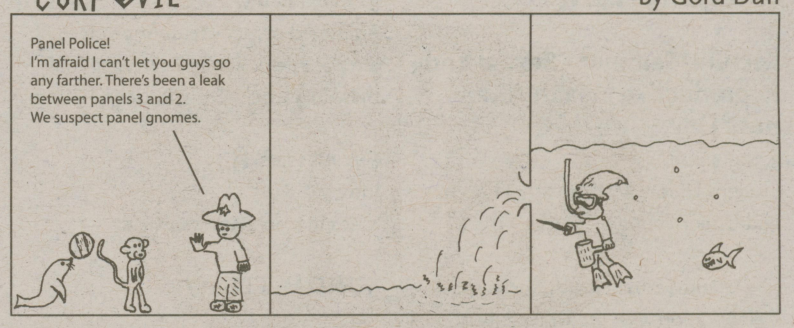
DATING AN ARSONIST by David Karp

"I'll set your heart on fire."

Meicom by Mary Karaplis



CORP EVIL by Gord Duff



Red Rider Comics by Liam Kiemele - web.uvic.ca/~liamk

Good idea using your antenna-location to find the bank
I wouldn't have to use it if you had just brought a map
Last time I checked, Heroes don't run around not using their powers

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CITIZENS PROFOUND by Joe Darius

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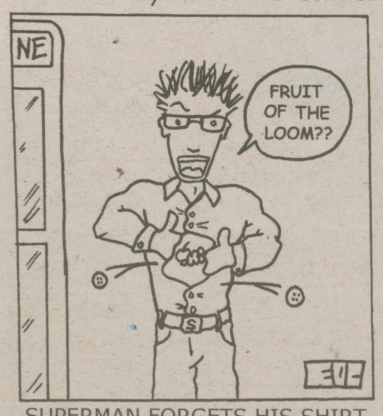
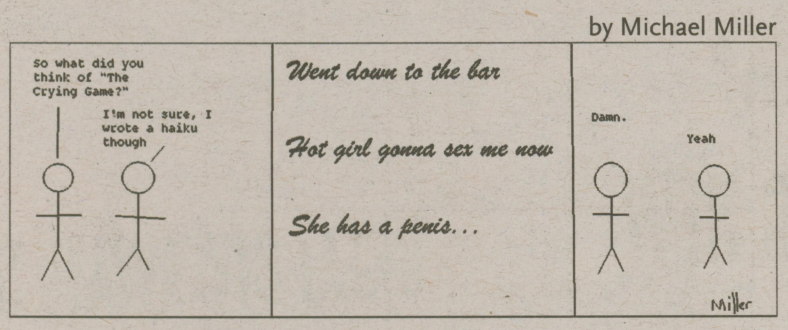
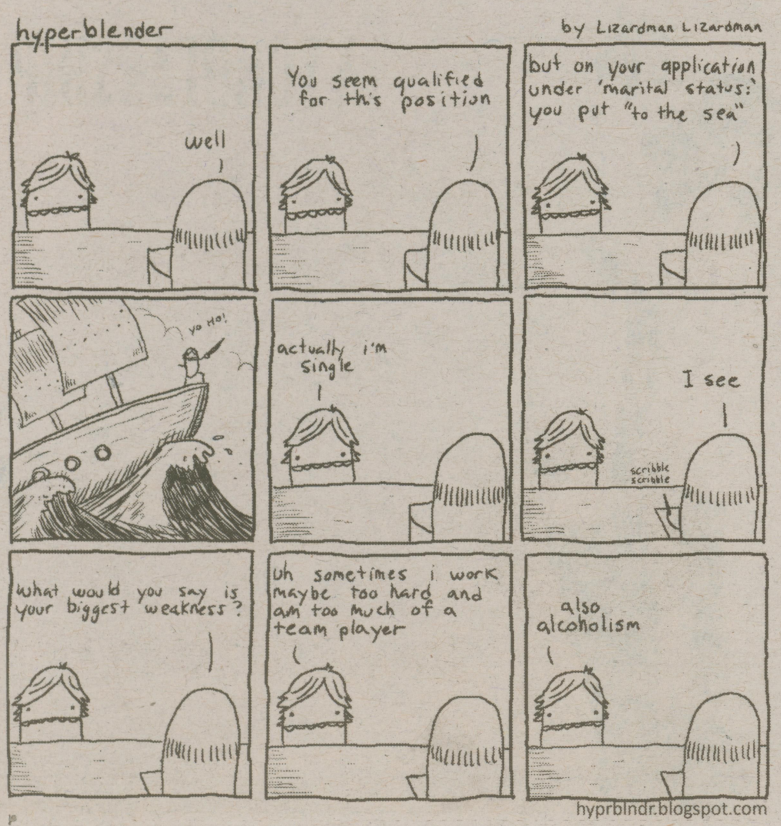


SUPERMAN FORGETS HIS SHIRT

by Michael Miller


So what did you think of "The Crying Game?"
I'm not sure, I wrote a haiku though
Went down to the bar
Hot girl gonna sex me now
She has a penis...
Damn.
Yeah
Miller

hyperblender by Lizardman Lizardman


well
You seem qualified for this position
but on your application under 'marital status:' you put "to the sea"
yo ho!
actually i'm single
I see
scribble scribble
what would you say is your biggest weakness?
uh sometimes i work maybe too hard and am too much of a team player
also alcoholism

hyprblndr.blogspot.com

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Events

THURSDAY, FEB. 14

Lecture/Seminar - Sexual and Reproductive Health Awareness Day

9:30 - 4 p.m.
Student Union, Michele Pujol Room and Upper Lounge

The Island Sexual Health Society, in collaboration with the University of Victoria Students Society Womens Centre, is hosting an event in celebration of Sexual & Reproductive Health Day. Registration for the workshops is preferred.

Fee: Free
Info: Maya Matthew
386-5772
mmatthew@uvic.ca

FRIDAY, FEB. 15

Lionel - Preshow Lecture

7 - 7:40 p.m.
Phoenix Theatre

Directed by Ewan McLaren, An MFA Thesis Production, MFA candidate and director, Ewan McLaren speaks about the process of developing a new play from script to premiere performance. Play runs from Feb. 14 - Feb. 16

Fee: Free
Info: Phoenix Theatre Box Office
721-8000
phoenix@uvic.ca

SATURDAY, FEB. 16

Film - "Bee Movie"

12:30 - 2:05 p.m.
Student Union, Cinecenta theatre

91 min; rated G
Animated comedy featuring voices of Jerry Seinfeld, Renée Zellweger, Matthew Broderick, Chris Rock and Sting.

Fee: All seats $3.75
Info: 721-8365
cinecenta@uvss.uvic.ca

SUNDAY, FEB. 17

Joe Trio debuts with the Victoria Symphony

8 p.m.
UVic Farquahar Auditorium

Canada's highly acclaimed Joe Trio will debut with the Victoria Symphony with their performance of "A Fresh Cuppa Joe."

Fee: Ticket prices from $11.25 - $40.25.
Info: 721-8480
www.victoriasymphony.ca

MONDAY, FEB. 18

Conference - From Genes to Trees: Genomics, tree physiology and forest ecolog

9 - 5 p.m.
Engineering/Computer Science Bldg, Room 116

Key Note Speakers: David Neale (University of California, Davis) - "Genomics to Tree Breeding and Forest Health" and Juergen Ehlting (University of Victoria) - "What are all these 'unknown' genes doing? Hypothesis generation exploiting transcriptome data."

Fee: Free
Info: Diane Gray
721-7119
forbiol@uvic.ca

TUESDAY, FEB. 19

Photographic Exhibition at Open Space

Mon.-Thurs., 10:00.-8:00 p.m.; Fri. 10-4 p.m. and Sat. 9-2 p.m.
Open Space, 2750 Quadra Street

Angels and Insects - photographs by B.A. Bosaiya. Exhibition runs till Mar. 1, 2008.

Fee: Free
Info: (250) 383-8833

MONDAY, FEB. 25

UVSS Chairperson Debate

1 - 2:30 p.m.
In front of the SUB

The Martlet and CFUV are hosting a debate between chairperson candidates Caitlin Meggs and Amber Dujay.

TUESDAY, FEB. 26

Forum

1 p.m.
SUB, Cinecenta

All Candidates participate in Forum #1.

WEDNESDAY, FEB. 27

UVSS Candidate Tabling

10 - 4 p.m.
SUB

UVSS candidate tabling in the SUB.

THURSDAY, FEB. 28

Canada's Role in Foreign "Development:" Individual pursuit, Social Movement, or National Agenda?

2:30-4:30 p.m.
SUB, Upper Lounge

Canada's World and Engineers Without Borders will co-host a round-table dialogue. Students, professors, and members of N.G.O's will partake in a structured dialogue that attempts to critically address some of the key issues surrounding development work.

Fee: Free
Info: uvic.discourse@gmail.com

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Training starts Saturday, Feb 16th. Call or see web for details.

THROUGHOUT February, volunteers who canvass in their communities:

- Raise funds for research and health promotion.
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- Deliver a message of thanks from the Heart and Stroke Foundation.

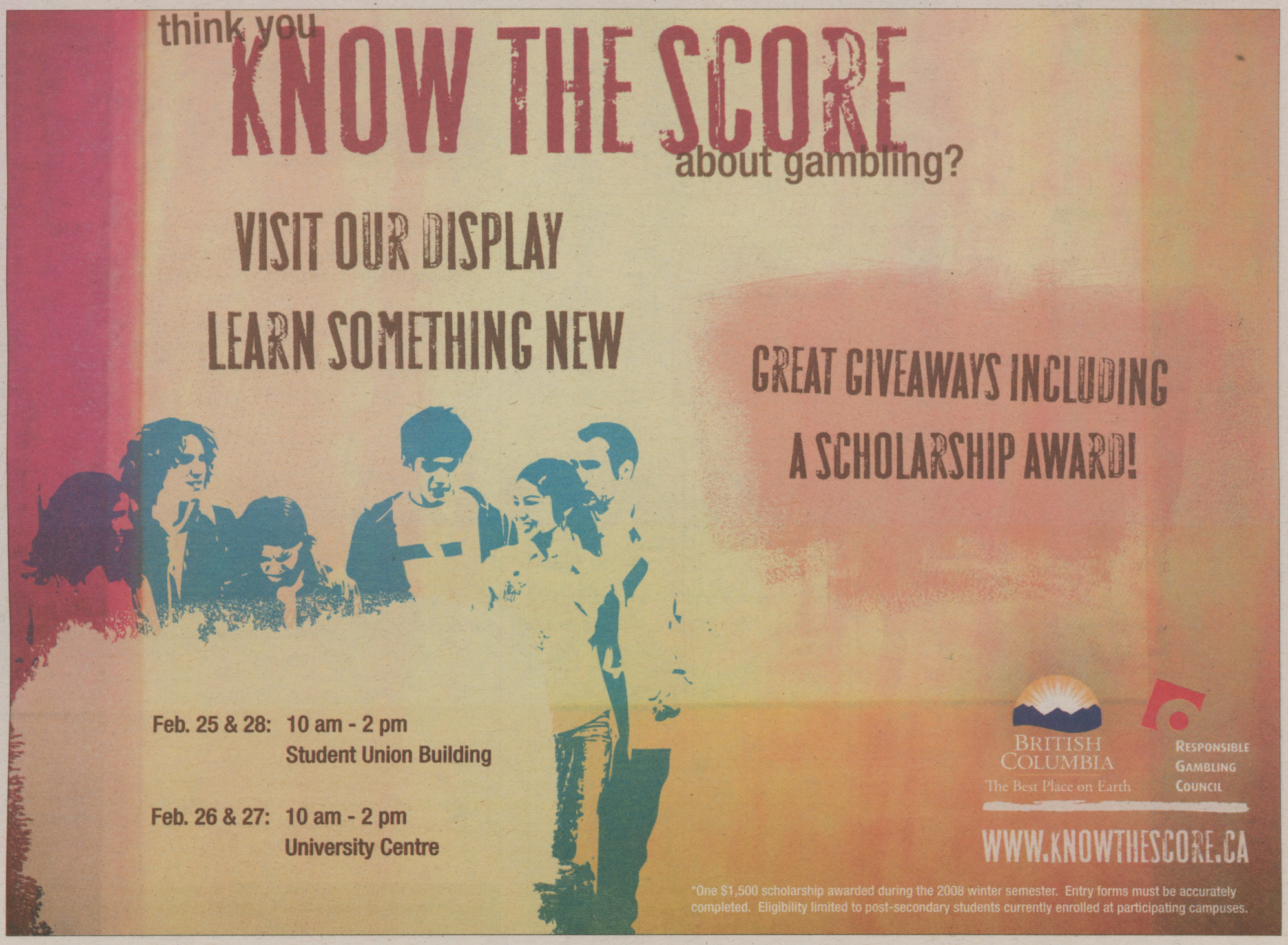
For information on Heart and Stroke Foundation programs, please contact the Victoria Area Office at 382-4035, and ask to speak with the program coordinator.

DO YOU HAVE what it takes be a St. John Ambulance Volunteer? We are now recruiting for the First Aid Brigade and the Therapy Dog program.

Our Volunteer First Aid Brigade is called out to hundreds of events in the Greater Victoria region every year. Our dedicated members come from all walks of life. What makes them unique is their advanced first aid training and community spirit. If you want to find out more about joining this dynamic group of volunteers call Laurie at 388-5505 X106 at St. John Ambulance.

Therapy Dogs: Do you have a cheerful personality and is your dog well mannered? St. John Ambulance is recruiting dogs and their owners for our Therapy Dog volunteer program. Call Laurie at 388-5505 X106.

To submit an event, please email: promo@martlet.ca by Monday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martlet

The University of Victoria's Sexy Independent Newspaper

Sex Issue Pullout!

Kosher loving

Melanie Tromp

JOSH SZCZEPANOWSKI PHOTO

Jewish UVic student Jessica Bloom (left) enjoys a coffee date. Some Jewish people will go a little further on March 1, which has been named Hook-Up-With-A-Jew Day.

Jews are bringing sexy back, according to more than 65,000 participants planning to hook up with the kosher kind on March 1.

A U.S.-based Facebook event has earmarked Saturday March 1 as Hook-Up-With-A-Jew-Day, demanding that invitees "show how much [they] appreciate this small minority of hot people" in bedrooms, bars, bathrooms and cars across the globe.

Several UVic students are listed as attendees, including Dan Schloss, who is an active member of both the Jewish Student Association and Israel on Campus.

"To be honest, I think [the event] was just made as a joke and I don't know anything about [its origins]," said Schloss in an e-mail.

Schloss was invited to participate by a friend, thought it was funny, and signed on.

Caroline Hebron, a Canadian-born Jewish student at UVic, thought it was strange for Jewish hookups to take shape in the form of a Facebook event, but didn't think the page was intended to be offensive or racist.

"Let's turn it around and say it was Hook-Up-With-A-Christian-Day. I don't think I would be offended by that," she said.

Hebron explained that Jewish people tend to be open about both their sexuality and their search for mates, noting that there are several online dating sites dedicated to Jews finding matches within the culture.

Of course, the occasion isn't exclusive to Jewish people hooking up with other Jews — so just what is it that's so sexy about the culture to warrant such a huge response from Facebook users?

"I don't know why hooking up with Jews is a novelty [in this case]," said Hebron. "I feel like it's because of people like Adam Brody from [popular television program] The O.C. – he's the typical cute, kind of nerdy Jewish boy.

"It's those stereotypical castings that shows get into — and the girls are so into it."

Hebron also suggested that Hook-Up-With-A-Jew-Day may be a spin on Valentine's Day, a holiday that Jewish people don't culturally celebrate. By all accounts, the popular Facebook event seems to be a fairly innocuous in terms of racist or anti-Semitic connotations.

Hug-A-Jew-Day, taking place in early May to commemorate Yom Hashoah (the annual Holocaust Remembrance day) is another matter entirely.

UVic Jewish Student Association member Rachael Segal was so infuriated by the Facebook event that she filed a complaint with the site manager, noting that the sentiment trivializes the magnitude of the Holocaust and minimizes the efforts from Jewish communities to honour the day.

INSIDE

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Animal sex P. 3

Open relationships P. 4 & 5

Burn calories in bed P. 6

Lesbians and PMS P. 7

Safe sex workshop P. 8

MORE ONLINE

- Fornicating bunnies
- Saying no to seduction

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Pole dancing is sexy

Carmen Wall

I leave the studio with bruised knees. My companion has a bruised Achilles tendon. "At least they're sexy bruises," she says.

Injuries aside, we feel sexy and triumphant after completing the basic pole class at Zenith Studio. Pole dancing is just one component of Adrien Castle's Sweat Tease Fitness program, which is the first B.C. Recreation and Parks Association certified program of its kind in B.C.

Castle first learned about the fitness benefits of pole dancing when she worked at Club Med seven years ago, back when pole dancing was often misconceived as pornographic. But as its popularity grew, more people began to accept it as a valid fitness program. Still, the sexy allure of pole dancing is undeniable.

Castle has been teaching pole dancing classes for more than two years, and said her program is different from other pole dancing classes because it focuses on strength, technique and safety.

Sarah Johnston said there's a common reaction when she tells people about taking a pole dancing class. "Every guy reacts the exact same: 'Sweet! Can I watch?'" she said.

The answer is no. Men aren't allowed to watch unless students are comfortable with it. Castle holds private lessons for men and couples.

"Guys are more intrigued about trying the pole out than you would think," she said. "They all want to have a swing."

The class is open to people of all fitness levels — Castle said her oldest student is 68, though most students are between 25 and 40. Students work through the three levels at their own pace, but some drop off along the way. Castle said half of her beginner students don't continue because either it's too challenging or it just isn't their thing.

Shai Young, 32, just finished level one for the second time and now feels ready to advance.

"[Pole dancing] is something I'm going to do for the rest of my life," Young said. She likes the class because she feels connected with the other women, and can be sexy in a protected environment.

"Your whole image of what's sexy changes," Young said, adding that her body image has improved along with her upper-body strength and coordination.

Johnston has seen similar results. "My arms are more muscular — in a good way, not a bodybuilder way," she said. "[The class has] motivated me to be more in shape."

Young and Johnston both said pole dancing hasn't affected their libidos, but they feel more comfortable with their bodies.

"I'm on top more," said Young.

"I'm not hiding under a blanket," said Johnston.

As for me, I've installed a portable pole in my living room for practice. My boyfriend isn't complaining.

Vagina Monologues preps for round three

Emily Agopsowicz

"You say vagina like it's nothing — like it's peanut butter," says Jayde Farand during a film shoot on Feb. 9 for the upcoming Victoria Vagina Monologues. She reads from a list of favourite quotes by "vagina warriors" over the past several months of rehearsal.

The warriors (that is, women participating in this year's Vagina Monologues) unanimously agree that their involvement with Eve Ensler's play has normalized the sometimes taboo part of the female anatomy. In fact, sometimes they forget it might still make others uncomfortable.

Kim Denness-Thomas recalled her audition held at the A-Channel studio building.

"I was doing a piece where I had to yell 'cunt' over and over again," she said. "Someone from downstairs came up and asked me to please keep it down. They were filming the news and they could hear me."

The 10th annual Victoria Vagina Monologues is part of the 2008 V-Day World Wide Campaign. It will run Feb. 26 and 27 at the McPherson Playhouse with all proceeds going towards the Victoria Women's Transition House Society. The production consists of a series of monologues by different women that deal with issues of sexuality, sexual abuse or sexual empowerment of women.

Jayde Farand is a third-time director of the Vagina Monologues. This is her first production in Victoria.

"In Victoria I was surprised by how many people really have not seen or heard of the play," said Farand. Several cast members hadn't heard of the play until they were encouraged to audition by friends or family.

Casting was a difficult process for Farand. Every production demands an eclectic group of women from virtually all walks of life. Acting experience is not required.

"I try to use my intuition with casting in a lot of ways. I know the show inside and out, so I feel I can do that," said Farand.

Cast members are careful to use the word "play" when talking about the Vagina Monologues. It is a movement, a community that relies heavily on the donated time, services and money of the cast and community.

"When you realize what we're during is just one cog in a huge incredible machine of energy and passion and power that is all spread across the world and money is being raised in every pocket of the world to end violence against women and children, it takes a whole other context for you," said Denness-Thomas. "Yes, we're doing this production, but it's so much larger."

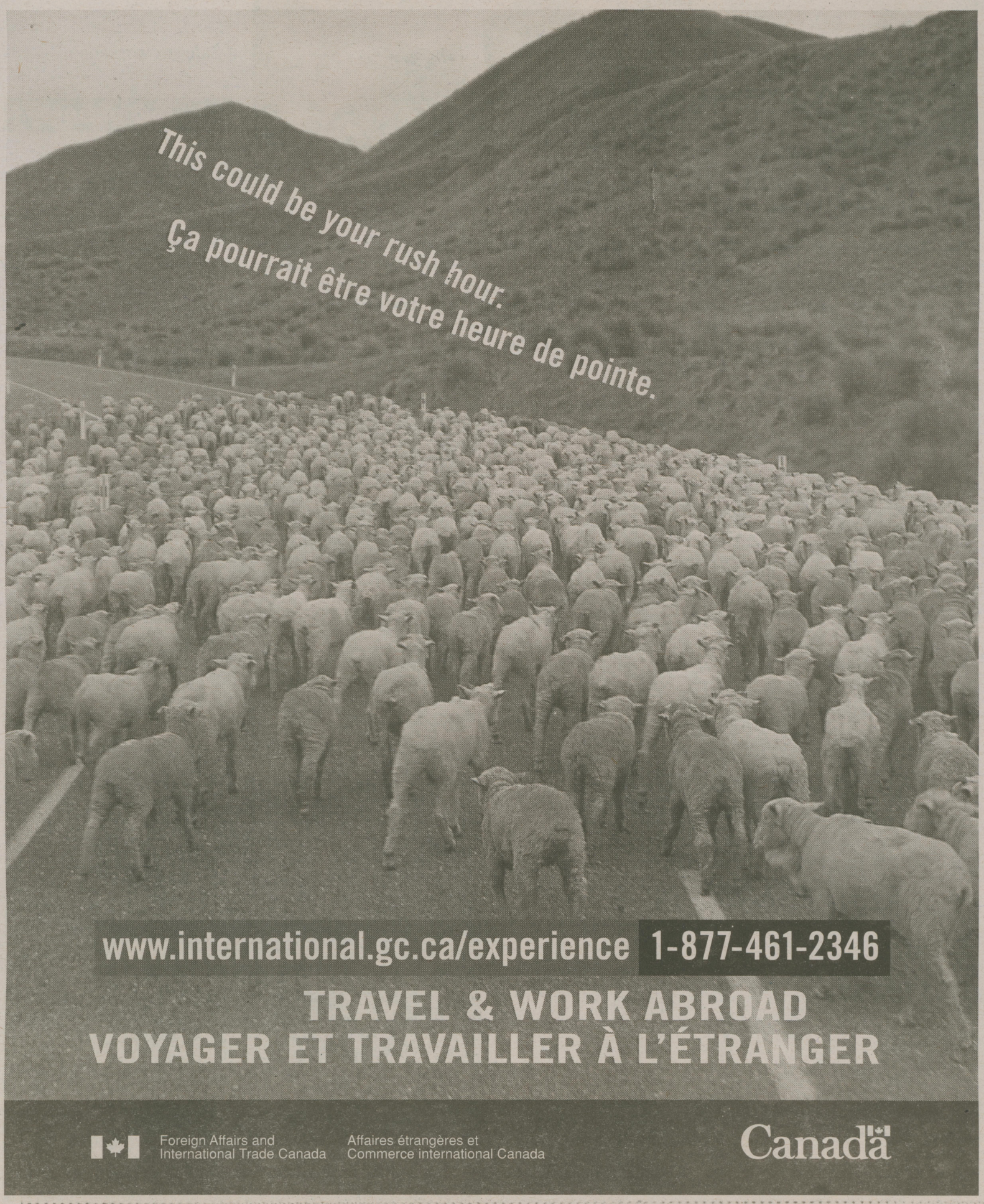
The decision to donate funds to the Victoria Transition House Society, where Farand works as a counsellor, was a natural one.

"The Women's Transition House is a place that provides resources for women and children leaving abusive relationships," Farand said. "V-Day and the Vagina Monologues are put on to raise awareness but also to raise money toward organizations that have committed to end violence."

Farand has worked with and conducted research on women's shelters for over five years. Her motivation for the Vagina Monologues stems largely from a need to raise awareness about violence against women and children in the community.

"We often acknowledge the horrors happening elsewhere in the world, but are afraid or uncomfortable with admitting that violence is occurring here, possibly next door," she said. "Through events like the Vagina Monologues, a community of individuals comes together and work very hard to put the word out to people that this is happening and it needs to stop."

Tickets for the Vagina Monologues can be purchased at the McPherson Playhouse box office at a price of $35 for general admission or $25 for students and seniors. For more information, visit www.vdayvictoria.com.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Animal sex is terrifying

Mike Jones

If you're like most people, Valentine's Day is probably the time of year when you become most aware of your own romantic shortcomings. For far too many people, it's a day of wallowing in dejection and self-loathing.

But before you stock up on wine and Häagen-Dazs and settle down for an evening of watching Seinfeld reruns and crying yourself to sleep, here are a few tales from the animal kingdom that ought to help keep your sex life, however autonomous, in perspective.

Tragically, to be a young woman these days often means being sexually unsatisfied, particularly if you're sleeping with an engineering major. However, you can at least be grateful you're not a female gorilla — even though male gorillas weigh upwards of 800 pounds, their penises measure in at a decidedly modest four centimetres.

If you're still depressed, contemplate our diminutive friend, the spider. In many species the males don't even have penises — not even little tiny spider ones. In order to have sex, they dribble a puddle of sperm on the ground, dip their hands in it, and then punch the females in the vagina. Who says chivalry is dead?

That's not to say human men don't have a lot to be thankful for — I can more or less guarantee your partner has never chewed your penis off during intercourse. That's more than a lot of banana slugs can say for themselves: unlike gorillas, they have enormous phalli that often get stuck during copulation. To add injury to insult the offending member is promptly severed by the slug on the receiving end, an act known in scientific circles as "apophallation."

Also, as a human male, you can have explosive orgasms without your testicles literally exploding. Such is the fate of male honeybees, whose endophalli remain lodged in the queen bee after sex. They die within seconds.

If you haven't cheered up a bit by now, you are an irredeemably worthless ingrate. Nevertheless, there's one insect whose complex and beautiful co-evolution with its host plant has resulted in a life cycle so dismal, yours is bound to look decent.

Fig wasps hatch inside figs. The males hatch first, and proceed to rape their unborn sisters in the larval stage. The males then dig a tunnel out of the fig and die immediately. Soon after, their fertilized sisters leave the fig through the hole their brothers created. Each finds a new fig, lays her eggs in it and (somewhat predictably) dies. In fact, the only winner in this sordid tale of insect incest is the fig tree, whose own gametes hitch a ride on the female fig wasps as they leave the fig. In this way, the fig tree pollinates itself by managing to get the wasps to do all the dirty work.

So here's wishing you a happy Valentine's Day. And don't worry if you don't have someone to share it with; just fold out the futon, find some Baywatch reruns, and self-pollinate.

Sex toys can be dangerous

Charlotte Barrow

The next time you're planning to work a little extra fun into your love life, you might want to consider whether your sex toys are naughty or nice.

There are a lot of question marks concerning the safety of some sex products, according to Brigit Loggie, a sales associate at Kiss and Tell, a Victoria sex shop.

Many adult playthings contain polyvinyl chlorides, or PVCs. PVC production releases dioxin, a highly toxic and cancer-causing chemical. The plastic is used in many everyday items including water pipes and shower curtains. Yet an Ontario government website states that PVC is "unsuitable for use as a storage material ... because it emits harmful compounds such as acid as it ages."

Now, dozens of groups in Canada and the United States are advocating against the harmful effects of PVCs. And it gets worse.

JOSH SZCZEPANOWSKI PHOTO

The sex toy industry has no regulating body to provide safety standards.

Sex toys made from PVC plastics are often softened with phthalates. An article in Grist magazine said animal testing has revealed that phthalates damage the reproductive system and may even cause birth defects. Minute levels of phthalates have been linked to sperm damage in men. The chemicals can be found in some baby lotions, cosmetics, medical supplies, perfumes and vinyl flooring. It can also found in lubes and soft sex toys.

"Some of the ingredients [in toys and lubes], people don't even know what they are," said Loggie. "I wouldn't want to put that in my body."

While PVCs and phthalates are being phased out of children's toys in Canada, the sex toy industry has no regulating body to provide safety standards. Many sex toy manufacturers using PVCs get around existing health regulations by labeling their toys as "gags," not intended for actual use.

Rising awareness is increasing the number of healthy products available and some companies are labelling their products. In Canada, manufacturers are not required to include either phthalates or PVC in the ingredient lists, so stick with lubes specifically labeled phthalate and PVC free.

Any toys with a jelly-like substance likely contain the harmful chemicals, so choose hard plastics or medical grade silicon. According to Loggie, the benefits to silicon also include the option of sterilization between uses.

Products that are glycerin- and paraben-free can also reduce the chances of skin irritation.

"People are getting more health conscious," says Loggie. "A lot of people are coming in and asking about alternatives."

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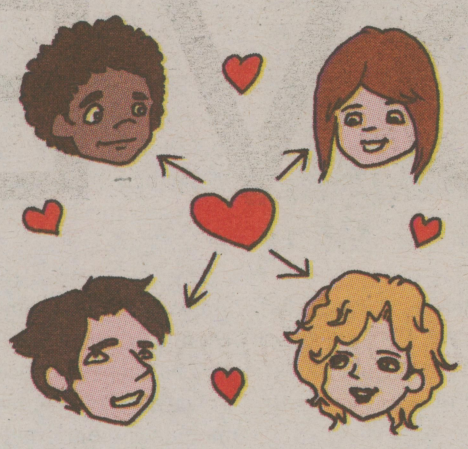
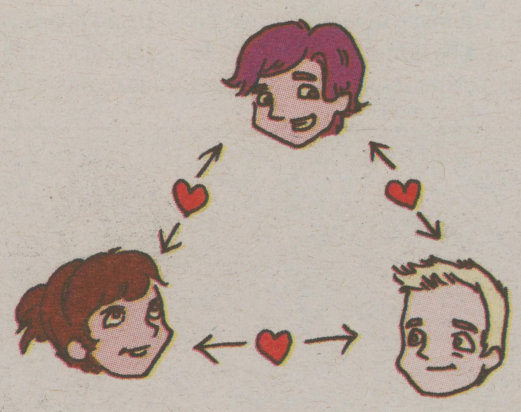
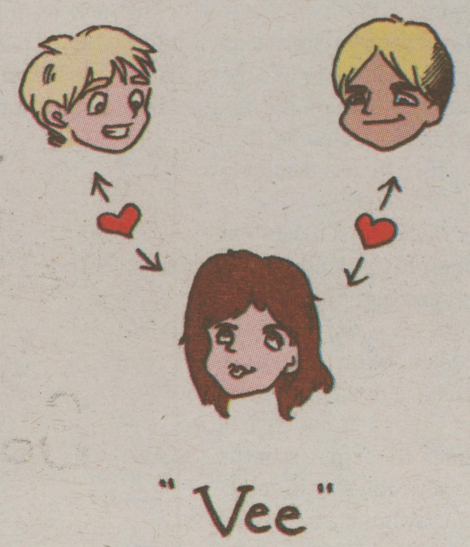






After seven strong years of marriage, Justin wanted to see other people. His wife didn't mind. She knew somebody he could hook up with, a woman she wanted to date too.

IN THE POLYAMORY scene they later discovered, the trio started what others would term a "triad," but eight years ago they were just doing what seemed right for their marriage.

"It started very innocently," Justin, whose name has been changed to protect his privacy, recalls. "A back rub that turned to kissing, hanging out naked together, eventually sex, but not always. We didn't really know what we wanted ... but we were discovering it together."

After nights with their new lover, Justin and his wife talked at length. "Not like negotiating," he says. "But really excited conversations where we'd tell each other how we felt about everything."

That, he says, is the reason the relationships worked. He would tell his wife if he was feeling jealous, even if he didn't know exactly why. Together they deconstructed their emotions and decided how to deal with them. Sometimes that meant a slowdown or a stop to what was causing the discomfort, but more often they'd realize they were just having trouble breaking out of social norms — something time and experience would help them move past.

Traditional families are on the decline in Canada. Almost half of Canadian marriages end in divorce. Census results from 2006 showed married couples had, for the first time, slipped into the minority in our country, making up only 48.5 per cent of people over the age of 15. That number was roughly 70 per cent when Justin put a ring on his wife's finger in the early '90s.

"We married really young," Justin, now 38, explains. "I remember believing that once I was married all other attractions would disappear. But it doesn't happen that way. Not for us, at least."

That didn't stop them from having kids together and being completely committed to their marriage. The years brought them closer and they learned about each other and themselves. They realized they were both bisexual and wanted to give each other space to explore that.

Extramarital sex isn't uncommon. In the 2005 Durex Global Sex Survey, nearly one in four people reported cheating in their marriage. For most couples this is done in secret. But for Justin and his wife it was something that excited them. And when five years ago they decided they wanted more then just their one shared lover, they started to find others like them.

THE POLYAMORY SCENE in Victoria was something the couple discovered on the Internet. It was their intention to find another couple to date (becoming a "quad," as the lingo goes). They looked on AdultFriendFinder.com and PolyMatchMaker.com for a suitable pair. At the latter site they learned the words to describe what they were doing and found literature by people in the movement.

The term "polyamory," meaning many loves, wasn't coined until the '90s. Justin believes he is fundamentally polyamorous.

"Just like I can love more than one of my children, I can love many people," he says. "I believe there is a whole spectrum of possible sexual relationships and ways to love people."

Still, he is selective about who he sleeps with. "It's not the hippy '60s free love," he says, adding that it's actually quite a commitment.

For a while, he and his wife dated another couple. The quad started having same-room sex, then group sex. But the other man eventually left his partner, which Justin admits isn't an uncommon occurrence when people try to be open.

"If there are problems in the relationship, bringing somebody else in will magnify them," he said.

The woman tried to date other people, but she was fell in love with Justin's wife. So the two women stayed together and Justin doesn't get involved very often. He dates people on his own and sometimes shares partners with his wife. And his wife dates other people too. They've completely redefined the boundaries in their relationship.

They regularly attend poly meet ups and swinger parties, somewhat secretly. They don't tell many of their friends about their open relationship, nor do their children know.

"It's still something that shocks people, no matter how comfortable we are with it," Justin says.

But he sees that changing, slowly. As more alternative relationship structures, such as homosexual marriage, become socially accepted, it's becoming easier to talk about unconventional forms of love. Justin has found that more and more people are becoming curious about how they make it work.

IN GLOBAL WORKSHOPS on radical love, Wendy-O Matic, author of *Redefining Our Relationships: Guidelines For Responsible Open Relationships*, answers questions from people as old as 78 and as young as 17 on maintaining a healthy open relationship. She also helps set up support networks for people questioning monogamy.

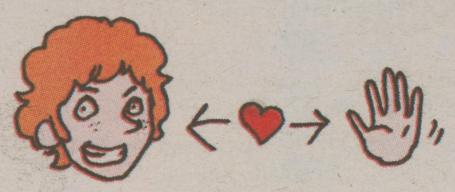
"There are more people then I ever imagined interested in this," she says. "I'm blown away by how many people are living in the closet or trying to get over this limited monogamy paradigm."

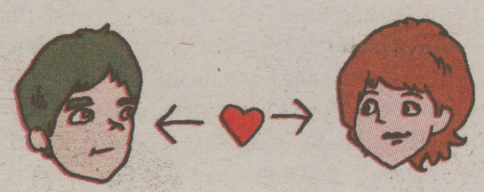
Rather than polyamorous, Matic, 41, labels her 20 years of relationship experience as open or radical — defined as the freedom to love who you want, how you want and as many people as you want, so long as personal integrity, respect, honesty, communication and con-

NTUM LOVE

Challenging conventional relationships

By Sam VanSchie





sent are at the core of any and all relationships.

She recognizes that everybody's personal definition is different. And so what she teaches calls under a more general definition: a relationship outside the status quo, where partners encourage non-restrictive paths of love. She encourages people to try to find non-hierarchical forms of love and be committed to whoever you choose to be with.

"It's a social revolution," she says. "I'm telling you, if George Bush practiced this kind of love, the world would be a better place."

But she doesn't see her definition of relationships going mainstream in her lifetime, though it's her hope that it will be a little more socially acceptable. She has found people in the queer community and who practise BDSM (bondage, discipline, dominance and submission, sadism and masochism) are more open to alternative relationship structures. She has talked with straight couples, married for decades and with kids, who have come to her workshop ready to try something new.

HER RADICAL RELATIONSHIPS started as a teenager. She remembers being attracted to all her friends in college, but hesitating to do anything about it because of the myth that you can't sleep with your friends without ruining the friendship. Eventually, she discovered that wasn't true.

"I didn't want to be with somebody I wasn't friends with," she says. So she changed. Matic was quite promiscuous then, but always as honest as possible about her intentions. There was some awkwardness, she remembers, but it taught her to be better at communication.

Her longest open relationship lasted 13 years with a man she lived with and married. They had separate lovers, shared lovers and even lived with a woman they were both dating for a while.

"We just knew we didn't want to put restrictions on each other," she says, adding that they were open from the start. "We were both really young and thought we didn't want to get married; we just wanted to have a relationship, or two or three. I didn't know who I wanted to be with or if I wanted to be with anyone."

Matic's current primary relationship has different boundaries. She and her girlfriend of two and a half years aren't sexual with people in their community, but are welcome to have sex with people in other cities when they are travelling. They may also sleep with a lover that is visiting temporarily.

"Relationships for me are very fluid," Matic says, "I love and date lots of other people, in differed capacities"

She's been monogamous for periods when she's learning a lover's boundaries. But she says that doesn't feel natural for her over the long term and would start to feel resentment towards a lover that wouldn't let her explore other relationships.

MONOGAMY WASN'T CONSIDERED in Charles' first and only relationship, which is with a man more than 20 years older than him that he's been with for five years. Charles, whose name has been changed to protect his privacy, has no idea what it would be like to be with just one person, but right now he has no interest in finding out.

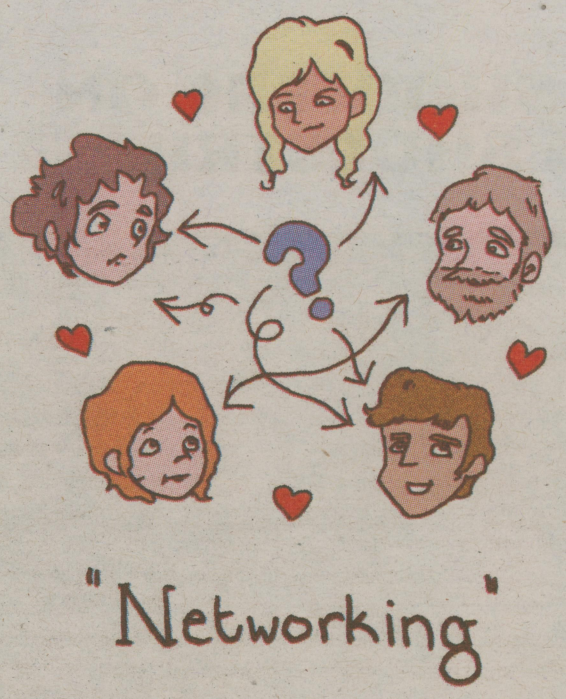
"I'm a very sexual being," says the 32-year-old. "My partner wants me to have more experience, since he's quite a bit older than I am, and he's done everything I'm doing now."

The two live together and often share lovers, but also have some people they see on their own. He too says that communication is what makes the relationship work.

"I used to kinda skirt around the topic of seeing other men. I'd say, 'I'm just going to visit a friend at his house,' " Charles recalls. "But that was silly because my partner didn't mind.... Now, I just outright tell him. And it's OK."

He describes his relationship as open and just easy. He doesn't visit swingers or have a poly support group. In the gay community, he says people are just OK with it. He tells new friends right away that he has a primary partner and just lets thing happen as they do.

"It totally feels natural to me. I wouldn't think twice about it," he says.



JENNIFER ZHOU GRAPHICS

Get your cardio in bed

Melanie Tromp

The debate over what type of sex is best for a better ass is ongoing and inconclusive.

"There's simply too many variables involved," said Donald Zimmer, resident sex health advisor at AskMen.com. He noted that intensity, duration, effort and position each affect the number of calories an individual can burn during sex.

The July 2005 issue of Cosmopolitan magazine weighed in on the debate with a three-way tie between the missionary position, woman-on-top and 69. According to author Martica K. Heaner, each of these old standards burn exactly the same six calories (or 25.2 kilojoules) per minute. Spooning afterwards burns another three calories. Heaner didn't measure the caloric burn during any of these sexual acts, but instead likened various pelvic floor exercises to their bedroom counterparts and made a few educated guesses.

How about the classic missionary position for 12 minutes, but with one partner squealing twice a minute and faking an orgasm? According to Disabled-World.com, it would trim four calories per squeal and a whopping 160 calories for a good show at the end. The site breaks down the caloric count of almost every sexual nuance, including palpitations (10 calories) and avoiding the wet spot afterwards (80 calories).

Nerve.com, a site geared toward providing a tolerant forum for sexual issues, published a Position of the Day play book in 2006. It offers some tricky suggestions — some of which may only be possible for Cirque du Soleil's contortionists. The site's bottom line is that boring sex equals less sex being had, thus less calories being burned.

According to Jeffrey Clark, a professor of physiology and health science at Ball State University, sex does burn calories and help to relieve stress, but it shouldn't be considered as a bona fide weight loss plan.

Clark compared the physical merits of the average sexual encounter to climbing just two flights of stairs.

"In terms of weight loss, it's pretty limited," Clark told DN Online. "Doing it once a day would reduce people's weight if they don't replace the calories."

The writers of Nerve.com's playbook beg to differ, noting that trickier positions can be compared to calisthenic exercise. After paging through a few calisthenic exercise books, these writers based calorie counts in the play book on the average weights of men (175 pounds) and women (125 pounds) during a 12-minute duration period for each position.

Other health benefits

Sex builds more than a nice ass.

"There are lots of things sex does for us," said Sara Wegwetz, a nurse at UVic's Jack Petersen Health Centre. "It reduces blood pressure, it's a good treatment for headaches and it can really reduce stress."

Sex releases neurotransmitters from the brain called endorphins, which act as a natural painkiller that gives off a unique sense of happiness. The more endorphins that are routinely released throughout your body, the better your threshold for pain will be. These little thrill-seekers are also known to reduce blood pressure and combat many diseases, taking a stand against heart disease and joining the fight against cancer.

"Sex, when you're in a caring, loving and supportive relationship can have a wonderful impact on your body" said Wegwetz.

- Sarah Kergin

DRINKING WITH DEREK

DEREK MANDEL PHOTO

Truffles can be a great way to make up for forgetting about V-Day.

Stay in and make truffles

Derek Mandel

It's Valentines Day and you forgot to make a restaurant reservation, the florist is overcharging for roses and all the heart-shaped boxes of chocolate are sold out.

There's a solution: spend the night making something delicious together. Truffles are a rare and delectable fungus grown deep underground, often near tree roots. They may be one of the world's most expensive foods, but chocolatiers have created something just as delicious: chocolate truffles.

Chocolate truffles consist of a chocolate ganache surrounded by a protective shell. The ganache is soft, melts easily and is best made using a liqueur. Since the liqueur is not actually cooked, most of the alcohol is maintained, adding a bonus of flavour.

LIQUEUR CHOCOLATE TRUFFLES

Filling:
300 ml (1 1/3 cup) semisweet chocolate chips
100 ml (4 oz) liqueur (e.g. Baileys, Amarula, Amaretto Cream, Godiva White Chocolate, Kahlua)
125 ml (1/2 cup) heavy cream
60 ml (1/4 cup) butter

Coating:
250 ml (1 cup) semisweet chocolate chips
10 ml (2 teaspoons) vegetable oil

In a large bowl, combine chocolate chips and liqueur. Heat the cream and butter until boiling, then pour into the bowl of chocolate. Stir until completely mixed and smooth. Refrigerate until firm (about two hours). Once firm, scoop out tablespoon-sized portions and roll into balls. Refrigerate the balls for 30 minutes.

While the balls are chilling, melt the remaining chocolate chips and vegetable oil in a double-boiler. If you don't have one, use a metal bowl that can sit on top of a pot of boiling water.

Let the coating stand for about five minutes after removing it from the heat, and begin rolling the balls in coating. Be careful — the coating will melt the balls if it has just been taken off the heat, and it will harden if left to cool for too long. Once coated, refrigerate the truffles one last time for about 30 minutes, then enjoy.

Makes approximately two dozen truffles.

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Men lack empathy during PMS

Elizabeth Hames

NICOLAAS SMITH PHOTO

A study found lesbian partners are more understanding about PMS.

A woman in a lesbian relationship will receive more empathy from her partner during PMS than a heterosexual woman, according to a study by two Australian researchers.

Jane Ussher and Janette Perz at the University of Western Sydney looked at the treatment of premenstrual syndrome (PMS) in lesbian couples. The study titled "Empathy, Egalitarianism and Emotion Work in the Relational Negotiation of PMS," looks at 60 Australian women and 23 of their partners.

They conducted the study because there appeared to be a lack of research on lesbian relationships.

The study found that women in lesbian relationships experienced more empathy from their partner during PMS, and were more likely to be empathetic when their partner's experienced PMS.

"There's a certain shared experience among women," said Anna Turje, UVic Students' Society Women's Centre chairperson.

"There does seem to be an increased emphasis on connection and understanding, and development of an emotional bond [in lesbian relationships]," said Erica Woodin, a professor of psychology at UVic. "[PMS] can be an incredibly uncomfortable experience for the partner, and if the partner is having a hard time empathizing it might be very easy to think, 'Why is she doing this to me?' "

The study found a "lack of understanding or support, rejection, and pathologization" in heterosexual women's accounts of their partner's treatment of PMS. Heterosexual women also reported feeling the need to silence their emotions, and found themselves with "a short fuse" during PMS. The need to silence oneself comes from trying to conform to the traditional "good" woman ideal, the study said.

"If lesbian individuals tend to be on the more androgynous side, they might be less likely to ascribe to a more traditional gender role," said Woodin.

But silencing "certainly does happen" in lesbian relationships, just for different reasons, said Turje. Because of the social stigma against lesbian relationships, lesbians tend to silence themselves on the negative aspects of their relationships.

The study said women of lesbian relationships "may be more reluctant to open themselves up to scrutiny if their relationship could confirm negative constructions of lesbian relationships as dysfunctional."

But with a small sample size, it's unclear how reliable the study is.

"Whoever you recruit to be in the study may or may not be representative of the population as a whole," said Woodin.

Still, the results are interesting.

"So much of our theories about relationships are based on biological male, biological female, Mars and Venus," said Woodin. "So same-sex relationships are an interesting way to think about how do couples who have the same biological sex interact in a close relationship."

The study concluded that heterosexual relationships "appear to be markedly different" from lesbian relationships with respect to PMS.

"A growing body of research has reported that lesbian relationships are experienced as more satisfying than heterosexual relationships," the study said.

DVD REVIEW

Skip the strip

Carmen Electra's Aerobic Striptease
Paramount Pictures

Gemma Karstens-Smith

I hate going to the gym. Being sweaty and gasping for breath in front of people working on their already buff bodies isn't appealing.

So, in an attempt to find a workout I might actually stick to, I tried the first disc in *Carmen Electra's Aerobic Striptease* series. The DVD promises a workout that will not only change your body, but also help you "spice up your personal life."

The workout consists of three routines. Unlike most exercise videos, *Striptease* moves frustratingly slow, repeating the moves over and over before adding something new. And every time Electra adds a sexy move, she giggles like a school girl.

The moves alternate between being utterly simple, like head roles, and requiring a dancer's muscles and flexibility. In the second routine, Electra assumes we can twist like Barbie, literally bending over and putting her head on the floor.

One of the better features of the *Striptease* series is that you can change the music that plays during the routines. Unfortunately, none of the music is very good. The DVDs also have a "heads up" feature, which counts down the time left in your workout and allows you to customize the length of your routine to fit into your busy life.

But these features can't save the video. Instead of keeping the camera panned out so you can watch Electra and the girls do the routine, shots zoom in, focusing on Electra's ass and chest, with a few shots of her face thrown in for good measure. The shots will probably attract male viewers who have little interest in toning their abs and thighs.

Striptease requires lots of hands-on body contact. Don't even think about trying the routines unless you're comfortable groping yourself.

The worst part of *Striptease* is that even though doing the low-impact workouts will tone your body, they won't give you a body like Electra's. She didn't even get her body through *Striptease*; she got it from a boob job and a personal trainer.

Maybe I'll just brave the gym after all...

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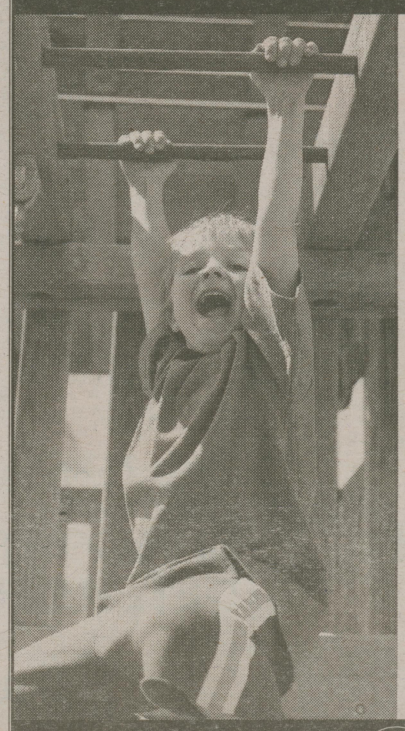

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Learn about safe sex

John McNeil

On Valentine's Day, the UVic Students' Society (UVSS) Women's Centre and the Island Sexual Health Society will be hosting Sexual and Reproductive Health Day.

Beginning at 9:30 a.m. in the upper lounge of the Student Union Building, the event will provide information, workshops and guest speakers from an array of community organizations.

"UVic community members [will have] the opportunity to learn more about sexual health issues in a fun and positive format that celebrates sexuality with current and factual information," said Jennifer Gibson, a sexual health educator with the Island Sexual Health Society.

"The overall objective ... is to empower people with knowledge so that they can be proactive in regards to their own sexual and reproductive health," said Davina Ma of the Island Sexual Health Society. "We tried to arrange a broad scope of topics and get a wide range organizations involved in the hopes of making it applicable to everyone."

Ma is co-ordinating the event with Maya Matthew from the UVSS Women's Centre. Covered topics range from contraceptives, sexually transmitted infections and sex toys, to healthy relationships, consent and communication.

"I am often asked by students at the university level where they can access current and non-judgmental sexual health information," said Gibson. "I think as a society, we often assume that it's only teenagers who need sexual health education and because of this assumption we think adults, regardless of their age, already have all of the info they need. This is definitely not true."

. The workshops and guest speakers scheduled are meant to encourage people to engage in passionate and educated relationships both with themselves and others.

"We know that safe, smart sex is sexy," said Gibson.

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CALIFORNIA GROWN US NO.1
FRESH CAULIFLOWER
98¢ Each

US GROWN NO.1
MEDIUM COOKING ONIONS
FAMILY PACK
1.48
5 Lb Bag

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FAIRWAY MONEY SAVER COUPON
Limit 1 with this coupon. Valid til February 18, 2008
CARRIAGE TRADE
TOMATO KETCHUP
97¢
1 Litre Bottle

FAIRWAY MONEY SAVER COUPON
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ISLAND FARMS ASSORTED
ICE-CREAM
3.77
4 Litre Pail

ASSORTED VARIETIES
MJB PREMIUM COFFEE
2 FOR 5.00
250 - 300 Gram Tin

DARE ASSORTED VARIETIES
ULTIMATE COOKIES
2 FOR 5.00
300 - 350 Gram Pkg

★ FIVE ALIVE ★ NESTEA
★ MINUTE MAID JUICE
3 FOR 4.00
1 L Carton Plus Deposit

FROZEN ASSORTED VARIETIES
McCAIN PREMIERE PIZZA
2 FOR 8.00
665 - 743 g Box

★ COKE ★ SPRITE
★ CANADA DRY GINGER ALE
4 FOR 5.00
2 Litre Bottle + Deposit

ASSORTED FROZEN CONCENTRATED
NIAGARA KENT ORANGE JUICE
89¢
341 mL Tin

★ LIQUID 946 mL - 2.95 L ★ POWDER 34 W/L
SUNLIGHT LAUNDRY DETERGENT
5.99
Your Choice Each

PUREX PILLOWY SOFT
BATHROOM TISSUE
6.98
24 Roll Pkg

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